

Health Education

Health Education Major

The Health Education major emphasizes comprehensive health education and is designed to prepare students for careers in the field of school health education through the development of dispositions, knowledge and skills.

School Health Education Teaching Option

This professional teaching preparation program is designed primarily to meet the needs of those interested in a teaching career.

Teaching — School of Education

Completing the degree requirements for a health education degree in the School of Education (<https://www.ndsu.edu/education>) certifies a graduate to teach health education at the secondary level. Students may choose to enrich their background by selecting a major in physical education. It is recommended that students apply to the School of Education in the spring semester of their third year in the program.

Double Major

It is strongly recommended that Health Education teaching majors double major in Physical Education.

Physical Education Major: For further information about the physical education teaching option, please refer to the Physical Education curriculum guide (<http://bulletin.ndsu.edu/past-bulletin-archive/2015-16/undergraduate/colleges/human-development-education/health-nutrition-exercise-sciences/physical-education/#majortext>) or contact the department adviser.

Major Requirements

Major: Health Education - School Health

Degree Type: B.S.

Required Degree Credits to Graduate: 122

General Education Requirements

Code	Title	Credits
First Year Experience (F):		
HD&E 189	Skills for Academic Success (Students transferring in 24 or more credits do not need to take HD&E 189.)	1
Communication (C):		
ENGL 110	College Composition I	3
ENGL 120	College Composition II	3
ENGL 358	Writing in the Humanities and Social Sciences	3
COMM 110	Fundamentals of Public Speaking	3
Quantitative Reasoning (R): Select from current general education list		
Science & Technology (S):		
A one-credit lab must be taken as a co-requisite with a general education science/technology course unless the course includes an embedded lab experience equivalent to a one-credit course. Select from current general education list		10
Humanities & Fine Arts (A): Select from current general education list		
Social & Behavioral Sciences (B):		
PSYC 111	Introduction to Psychology	3
SOC 110	Introduction to Sociology	3
Wellness (W):		
HNES 217	Personal and Community Health *	3
Cultural Diversity (D): Select from current general education list		
Global Perspectives (G): Select from current general education list		
Total Credits		41

Major Requirements

Code	Title	Credits
General Education Requirements		40
Teaching Specialty Requirements		

HDFS 135	Family Science **	3
HDFS 230	Life Span Development	3
or PSYC 250	Developmental Psychology	
HNES 110	Introduction to Health and Physical Education *	3
HNES 200	Principles of Nutrition *	3
or HNES 250	Nutrition Science	
HNES 341	Psychosocial Aspects of Health *	3
HNES 345	Materials and Concepts of Health Education *	3
HNES 367	Principles of Conditioning *	3
HNES 445	Organization and Administration of Coordinated School Health Programs *	3
PSYC 210	Human Sexuality **	3
PSYC 212	Psychological Aspects of Drug Use and Abuse **	3

Professional Education Requirements

EDUC 321	Introduction to Teaching	3
EDUC 322	Educational Psychology	3
EDUC 451	Instructional Planning, Methods and Assessment	3
EDUC 481	Classroom Practice Methods of Teaching I: (Health Ed K-12)	3
EDUC 485	Student Teaching Seminar	1
EDUC 486	Classroom Management for Diverse Learners	3
EDUC 487	Student Teaching	9
EDUC 488	Applied Student Teaching	3
EDUC 489	Teaching Students of Diverse Backgrounds	3

College Requirement

HD&E 320	Professional Issues	1
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Degree Requirement: Potential of 19 credits to reach 122

19

Total Credits**122**

* Students must earn a grade of 'B' or better in these courses.

** Students must earn a grade of 'C' or better in these courses.

Degree Requirements and Notes

- A GPA of 2.75 or better in the teaching specialty is required to stay in full standing in the program, for placement in student teaching, and to exit from the program.
- A GPA of 2.75 or better in professional education requirements and completion of Praxis II and PLT exams, are required to exit the program.
- Courses taken *Pass/Fail* will not be used to satisfy any requirements other than total credits.
- See School of Education (<https://www.ndsu.edu/education>) for admission requirements.

Freshman

Fall	Credits	Spring	Credits
ENGL 110 (w Engl 100 lab)	3	ENGL 120	3
HD&E 189	1	COMM 110	3
HNES 110*	3	HDFS 135	3
Hum/Fine Arts	3	Science/Tech	3
PSYC 111	3	SOC 110	3
Quant Reason	3		
	16		15

Sophomore

Fall	Credits	Spring	Credits
EDUC 321	3	HNES 200 or 250*	3
EDUC 322	3	HNES 217*	3
Hum/Fine Arts	3	HNES 341*	3

Science/Tech w Lab	4 PSYC 210	3
Elective	3 PSYC 250 or HDFS 230	3
	16	15

Junior		
Fall	Credits Spring	Credits
HNES 367*	3 EDUC 489	3
PSYC 212	3 ENGL 358	3
Science/Tech	3 HNES 345*	3
Elective	3 Elective	3
Elective	4 Elective	3
	16	15

Senior		
Fall	Credits Spring	Credits
EDUC 451	3 EDUC 485	1
EDUC 481 (HE Section)	3 EDUC 488	3
EDUC 486	3 EDUC 487	9
HD&E 320	1	
HNES 445*	3	
Elective	3	
	16	13

Total Credits: 122

Students must earn a "B" or better in all courses identified with an asterisk ().

**Global Perspectives and Diversity requirements can be obtained through careful selection of Electives, Humanities/Fine Arts, and/or Science/Technology categories.

The following combinations of courses are suggested semester schedules that allow the student to complete the **Physical Education/Health Education double major** in a four-year span. The arrangement of courses is based on which semesters the course is offered, the classification and the prerequisites or co-requisites required for successful completion of the course. The 4-Year Plan should be used with the curriculum guide. Remember, this is only a guide and circumstances may change the plan.

Freshman		
Fall	Credits Spring	Credits
ENGL 110 (w/Eng 100 lab)	3 COMM 110	3
HD&E 189	1 ENGL 120	3
HNES 110*	3 HDFS 135	3
Humanities/Fine Arts	3 HNES 255*	3
PSYC 111	3 Science/Tech	3
Quant Reason	3 SOC 110	3
	16	18

Sophomore		
Fall	Credits Spring	Credits
EDUC 321	3 HNES 200 or 250*	3
EDUC 322	3 HNES 217*	3
HNES 254*	3 HNES 154*	3
HNES 256*	3 HNES 341*	3
Hum/Fine Arts	3 PSYC 210	3

Science/Tech w lab	4	Science/Tech	3
	19		18
Junior			
Fall	Credits	Spring	Credits
ENGL 358	3	EDUC 451 (PE Section)	3
HNES 301*	3	EDUC 489	3
HNES 336*	3	HNES 345*	3
HNES 367*	3	HNES 350*	3
PSYC 212	3	HNES 353*	3
		PSYC 250 or HDFS 230	3
	15		18
Senior			
Fall	Credits	Spring	Credits
EDUC 481 (HE Section)	3	EDUC 485	1
EDUC 481 (PE Section)	3	EDUC 487	9
EDUC 486	3	EDUC 488	3
HD&E 320	1		
HNES 445*	3		
HNES 461*	3		
	16		13

Total Credits: 133

* Students must earn a "B" or better in all courses identified with an asterisk (*).

**Minimum 133 total credits for double major

***Global Perspectives and Diversity requirements can be obtained through careful selection of Humanities/Fine Arts and/or Science/Technology categories.