

# Physical Education

## Physical Education Major

The Physical Education Teacher Education (PETE) program provides opportunities for students to become critical thinkers, creative planners, and effective practitioners.

To be successful in the field, a physical education student must like to work with people, be adequately skilled in physical activities, have a commitment to fitness, and be interested in the physical, biological and social sciences.

The PETE program emphasizes teaching and provides students with skills and techniques necessary to begin a successful career in K-12 physical education. The program is aligned with the Society of Health and Physical Educators (SHAPE America) PETE Standards. The courses are strategically structured to be sequential in nature.

Students initially take courses through the Department of Health, Nutrition, and Exercise Sciences (HNES) and complete their degree requirements through the School of Education (<https://www.ndsu.edu/education>). Application to the School of Education will occur during the student's sophomore year. Completion of the degree requirements for a physical education major in the School of Education certifies a graduate to teach physical education from kindergarten through grade 12 (K-12).

Students majoring in Physical Education will be studying the art and science of human movement, which includes classes in elementary, middle, and high school activities; motor learning, physiology and psychology of human movement; the art of teaching and motivating students; and performance-based assessment.

Students must earn a grade of 'B' or better in all core physical education courses and must maintain a minimum 2.75 cumulative grade-point average to stay in full standing in the program.

Graduates leave prepared to teach in a professional manner, while demonstrating exemplary ethical behavior and displaying current "best practices". Graduates are expected to be positive role models for K-12 students in the area of physical education, physical activity, and sports.

## Double Major

It is strongly recommended that Physical Education students double major in Health Education (<http://bulletin.ndsu.edu/past-bulletin-archive/2015-16/undergraduate/colleges/human-development-education/health-nutrition-exercise-sciences/health-education>).

## Major Requirements

### Major: Physical Education

**Degree Type: B.A. or B.S.**

**Required Degree Credits to Graduate: 122**

### General Education Requirements

Code	Title	Credits
<b>First Year Experience (F):</b>		
HD&E 189	Skills for Academic Success (Students transferring in 24 or more credits do not need to take HD&E 189.)	1
<b>Communication (C):</b>		
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
<b>Quantitative Reasoning (R): Select from current general education list</b>		3
<b>Science &amp; Technology (S): Select from current general education list</b>		10
<b>Humanities &amp; Fine Arts (A): Select from current general education list</b>		6
<b>Social &amp; Behavioral Sciences (B):</b>		
PSYC 111	Introduction to Psychology	3
SOC 110	Introduction to Sociology	3
<b>Wellness (W):</b>		
HNES 217	Personal and Community Health *	3
<b>Cultural Diversity (D): Select from current general education list</b>		

**Global Perspectives (G): Select from current general education list****Total Credits****41**

**Bachelor of Arts (BA) Degree** – An additional 6 credits of Humanities and Social Sciences and proficiency at the second year in a modern foreign language are required. See School of Education for admission requirements.

**Major Requirements**

<b>Code</b>	<b>Title</b>	<b>Credits</b>
<b>General Education Requirements</b>		<b>40</b>
<b>Teaching Speciality Requirements</b>		
HDFS 230 or PSYC 250	Life Span Development Developmental Psychology	3
HNES 110	Introduction to Health and Physical Education *	3
HNES 154	Professional Preparation in Elementary School Activities *	3
HNES 254	Curriculum, Standards and Assessment in Physical Education *	3
HNES 255	Professional Preparation in Middle School Physical Education *	3
HNES 256	Professional Preparation in High School Physical Education *	3
HNES 301	Motor Learning and Performance *	3
HNES 336	Methods Of Coaching *	3
HNES 350	Fitness Education Activities and Materials *	3
HNES 353	Adapted Physical Education *	3
HNES 367	Principles of Conditioning *	3
HNES 461	Administrative and Social Aspects of Physical Education and Athletics *	3
<b>College Requirement</b>		
HD&E 320	Professional Issues	1
<b>Physical Education Requirements</b>		
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: (PE)	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
<b>Degree Requirement: Potential of 13 credits to reach 122</b>		<b>13</b>
<b>Total Credits</b>		<b>122</b>

\* Students must earn a grade of 'B' or better.

**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 the professional education requirements, as well as passing the Exit Portfolio, 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.

<b>Freshman</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
ENGL 110 (w/Engl 100 lab)	3	ENGL 120	3
HD&E 189	1	COMM 110	3
HNES 110*	3	HNES 255*	3
Hum/Fine Arts	3	Science/Tech	3

PSYC 111	3	SOC 110	3
Quant Reason	3		
		<b>16</b>	<b>15</b>

**Sophomore**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
EDUC 321	3	EDUC 322	3
HNES 100, 111, or 217*	2-3	HNES 154*	3
HNES 254*	3	PSYC 250 or HDFS 230	3
HNES 256*	3	Science/Tech	3
Science/Tech w Lab	4	Elective	3
		<b>15-16</b>	<b>15</b>

**Junior**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
ENGL 358	3	EDUC 489	3
HNES 301*	3	EDUC 451 (PE section)	3
HNES 336*	3	HNES 350*	3
HNES 367*	3	Hum/Fine Arts	3
Elective	3	Elective	3
		<b>15</b>	<b>15</b>

**Senior**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
EDUC 481	3	EDUC 485	1
EDUC 486	3	EDUC 487	9
HD&E 320	1	EDUC 488	3
HNES 461*	3		
Electives (as needed to reach 122 credits)	8		
		<b>18</b>	<b>13</b>

**Total Credits: 122-123**

\*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**

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

<b>Sophomore</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
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
	<b>19</b>		<b>18</b>
<b>Junior</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
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
	<b>15</b>		<b>18</b>
<b>Senior</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
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		
	<b>16</b>		<b>13</b>

**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.