

Teaching Specialty - 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/2017-18/undergraduate/colleges/human-development-education/education/health-education>).

Major Requirements

Major: Physical Education

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

Required Degree Credits to Graduate: 122

General Education Requirements for Baccalaureate Degree

- A list of approved general education courses is available here (<http://bulletin.ndsu.edu/past-bulletin-archive/2017-18/academic-policies/undergraduate-policies/general-education/#genedcoursestext>).
- General education courses may be used to satisfy requirements for both general education and the major, minor, and program emphases, where applicable. Students should carefully review the major, minor, and program emphases requirements for minimum grade restrictions, should they apply.

Code	Title	Credits
Communication (C)		12
ENGL 110	College Composition I	
ENGL 120	College Composition II	
COMM 110	Fundamentals of Public Speaking	
Upper Division Writing [†]		
Quantitative Reasoning (R) [†]		3
Science and Technology (S) [†]		10
Humanities and Fine Arts (A) [†]		6
Social and Behavioral Sciences (B) [†]		6
Wellness (W) [†]		2
Cultural Diversity (D) ^{*†}		

Global Perspectives (G) ^{†}**

Total Credits	39
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* May be satisfied by completing courses in another General Education category.

† May be satisfied with courses required in the major. Review major requirements to determine if a specific upper division writing course is required.

Major Requirements

Code	Title	Credits
Physical Education Requirements		
ENGL 358	Writing in the Humanities and Social Sciences (May satisfy general education category C)	3
HNES 217	Personal and Community Health (May satisfy general education category w) *	3
PSYC 111	Introduction to Psychology (May satisfy general education category B)	3
SOC 110	Introduction to Sociology (May satisfy general education category B)	3
Teaching Speciality Requirements		
HDFS 230 or PSYC 250	Life Span Development Developmental Psychology	3
HNES 110	Introduction to Health and Physical Education *	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 257	Professional Preparation in Elementary School Activities	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
College Requirement		
HD&E 320	Professional Issues	1
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: (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
Total Credits		80

* 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.

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.

PHYSICAL EDUCATION TEACHING MAJOR

The following combinations of courses are suggested semester schedules that allow the student to complete his/her major/option degree program 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	4	ENGL 120	3
HNES 110*	3	COMM 110	3
Humanities/Fine Arts	3	HNES 255*	3
PSYC 111	3	Science/Technology	3
Quantitative Reasoning	3	SOC 110	3
	16		15
Sophomore			
Fall	Credits	Spring	Credits
EDUC 321	3	EDUC 322	3
HNES 100, 111, or 217*	2-3	PSYC 250 or HDFS 230	3
HNES 254*	3	HNES 257	3
HNES 256*	3	Science/Technology	3
Science/Technology w/Lab	4	Elective	3
	15-16		15
Junior			
Fall	Credits	Spring	Credits
ENGL 358	3	EDUC 451 (PE Section)	3
HNES 301*	3	EDUC 489	3
HNES 336*	3	HNES 350*	3
HNES 367*	3	Humanities/Fine Arts	3
Elective	3	Elective	3
	15		15
Senior			
Fall	Credits	Spring	Credits
EDUC 481 (PE)	3	EDUC 485	1
EDUC 486	3	EDUC 487	9
HD&E 320	1	EDUC 488	3
HNES 461*	3		
Elective - As needed to reach 122 credits.	7		
	17		13

Total Credits: 121-122

* 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	4	COMM 110	3
HNES 110*	3	ENGL 120	3
Humanities/Fine Arts	3	HDFS 135	3
PSYC 111	3	HNES 255*	3
Quantitative Reasoning	3	Science/Tech	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 341*	3
HNES 256*	3	HNES 257	3
Humanities/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 461*	3		
	13		13

Total Credits: 130

* 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.