

# Health Education

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## Department Information

- **Department Location:**  
Katherine Kilbourne Burgum Family Life, 4-H Center
- **Department Phone:**  
701-231-7921
- **Department Web Site:**  
[www.ndsu.edu/education/](http://www.ndsu.edu/education/)
- **Credential Offered:**  
B.S.
- **Official Program Curriculum:**  
[bulletin.ndsu.edu/undergraduate/program-curriculum/health-education/](http://bulletin.ndsu.edu/undergraduate/program-curriculum/health-education/)

The health education major is designed to prepare students for careers in the field of school health education through the development of dispositions, knowledge and skills. The program integrates classroom and experiential community-based learning throughout its courses.

## The Program

The health education program emphasizes a student-centered approach to teaching health, emphasizing skills based learning to promote health literacy for all individual students.

Upon completion of the health education major, students will be knowledgeable with planning, implementing, administering all ten components of the Whole School, Whole Community, Whole Child Model. Health education majors will learn how to evaluate and assess needs for health education, plan and implement quality curriculum and lessons and communicate and advocate for health and health education through all ten content components.

## Professional Education Courses

Students may enroll in the 300-level professional education courses before being formally admitted to the School of Education (SOE). Prior to enrolling in the 400-level courses, students must complete the application for admission to the SOE; attain a minimum of a 2.75 grade point average overall in their course work, education courses, and teaching specialty courses; and pass the Core Academic Skills for Educators exam(s). Requirements for admission can be found on the School of Education website (<https://www.ndsu.edu/education>).

## Student Teaching

Student teaching is the culmination of the teaching program. Students have the opportunity to apply skills acquired in college courses under the supervision of an experienced health educator.

## Student Advisement

Students will be assigned individual advisors who will work closely in program planning and in other ways to advise and assist them. Students are encouraged to seek their advisors' help whenever needed.

## Certification

Upon completing this program, students are eligible for certification to teach health in most states. The program is accredited by the National Council for Accreditation of Teacher Education (NCATE).

## Career Opportunities

Graduates in health education find career opportunities teaching in public or private educational settings, teaching health education in a variety of settings, including community programming, nonprofit organizations and private businesses.

**Double Major** – It is recommended that health education students obtain a degree enhancement through a minor or double major. The health education curriculum has been structured to allow students to obtain a physical education major during the same four year time frame. Advisors can provide additional information about other complementary majors or minors.

**Physical Education Major** – For further information about the physical education major, please refer to the Physical Education fact sheet.

## Plan of Study - Health Education

Please note this is a sample plan of study and not an official curriculum. Actual student schedules for each semester will vary depending on start year, education goals, applicable transfer credit, and course availability. Students are encouraged to work with their academic advisor on a regular basis to review degree progress and customize an individual plan of study.

| <b>First Year</b>                     |                |                                  |                |
|---------------------------------------|----------------|----------------------------------|----------------|
| <b>Fall</b>                           | <b>Credits</b> | <b>Spring</b>                    | <b>Credits</b> |
| ENGL 110                              | 4              | COMM 110                         | 3              |
| HNES 110*                             | 3              | ENGL 120                         | 3              |
| Humanities/Fine Arts                  | 3              | HDFS 135                         |                |
| PSYC 111                              | 3              | Science/Tech                     | 3              |
| Quantitative Reasoning                | 3              | SOC 110                          | 3              |
|                                       | 16             |                                  | 12             |
| <b>Second Year</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              |
| Humanities/Fine Arts                  | 3              | HNES 341                         | 3              |
| Science/Tech w/ Lab                   | 4              | PSYC 210                         | 3              |
| Electives                             | 3              | PSYC 250 or HDFS 230             | 3              |
| Complete Core Academic Skills Exam    |                | Apply to the School of Education |                |
|                                       | 16             |                                  | 15             |
| <b>Third Year</b>                     |                |                                  |                |
| <b>Fall</b>                           | <b>Credits</b> | <b>Spring</b>                    | <b>Credits</b> |
| HNES 367*                             | 3              | EDUC 489                         | 3              |
| PSYC 212                              | 3              | ENGL 358                         | 3              |
| Science/Tech                          | 3              | HNES 345*                        | 3              |
| Electives                             | 6              | Electives                        | 6              |
|                                       | 15             |                                  | 15             |
| <b>Fourth Year</b>                    |                |                                  |                |
| <b>Fall</b>                           | <b>Credits</b> | <b>Spring</b>                    | <b>Credits</b> |
| EDUC 451                              | 3              | EDUC 485                         | 1              |
| EDUC 481 (Health Section)             | 3              | EDUC 487                         | 9              |
| EDUC 486                              | 3              | EDUC 488                         | 3              |
| HD&E 320                              | 1              | Elective                         | 3              |
| Electives                             | 5              |                                  |                |
| Apply for Student Teaching            |                |                                  |                |
| Complete PLT (grades 7-12) Exam       |                |                                  |                |
| Complete Subject Area Assessment Exam |                |                                  |                |
|                                       | 15             |                                  | 16             |

Total Credits: 120

\* 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 Humanities/Fine Arts and/or Science/Technology categories.

## Plan of Study - Health Education & Physical Education Double Major

Please note this is a sample plan of study and not an official curriculum. Actual student schedules for each semester will vary depending on start year, education goals, applicable transfer credit, and course availability. Students are encouraged to work with their academic advisor on a regular basis to review degree progress and customize an individual plan of study.

| <b>First Year</b>                     |                |                                  |                |
|---------------------------------------|----------------|----------------------------------|----------------|
| <b>Fall</b>                           | <b>Credits</b> | <b>Spring</b>                    | <b>Credits</b> |
| 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 w/ Lab              | 4              |
|                                       | 16             |                                  | 16             |
| <b>Second Year</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 211                              | 1              | HNES 257                         | 3              |
| HNES 254                              | 3              | HNES 341*                        | 3              |
| HNES 256                              | 3              | PSYC 210                         | 3              |
| Humanities/Fine Arts                  | 3              | Science/Tech                     | 3              |
| Science/Tech                          | 3              | Apply to the School of Education |                |
| Complete Core Academic Skills Exam    |                |                                  |                |
|                                       | 19             |                                  | 18             |
| <b>Third Year</b>                     |                |                                  |                |
| <b>Fall</b>                           | <b>Credits</b> | <b>Spring</b>                    | <b>Credits</b> |
| HNES 301**                            | 3              | EDUC 451 (PE Section)            | 3              |
| HNES 336**                            | 3              | EDUC 489                         | 3              |
| HNES 367**                            | 3              | HNES 345*                        | 3              |
| PSYC 212                              | 3              | HNES 350*                        | 3              |
| Upper Division Writing                | 3              | HNES 353*                        | 3              |
|                                       | 15             |                                  | 15             |
| <b>Fourth Year</b>                    |                |                                  |                |
| <b>Fall</b>                           | <b>Credits</b> | <b>Spring</b>                    | <b>Credits</b> |
| EDUC 481 (Health Section)             | 3              | EDUC 485                         | 1              |
| EDUC 481 (PE Section)                 | 3              | EDUC 487                         | 9              |
| EDUC 486                              | 3              | EDUC 488                         | 3              |
| HNES 461*                             | 3              |                                  |                |
| PSYC 250 or HDFS 230                  | 3              |                                  |                |
| Apply for Student Teaching            |                |                                  |                |
| Complete PLT (grades K-12) Exam       |                |                                  |                |
| Complete Subject Area Assessment Exam |                |                                  |                |
|                                       | 15             |                                  | 13             |
| <b>Total Credits: 127</b>             |                |                                  |                |

\* Students are required to earn a "B" or better in these courses, but may earn one "C" among the three courses marked with two asterisks (\*\*).

\*\* Minimum 127 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