

# Physical 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.; B.A.
- **Official Program Curriculum:**  
[bulletin.ndsu.edu/undergraduate/program-curriculum/physical-education/](http://bulletin.ndsu.edu/undergraduate/program-curriculum/physical-education/)

The physical education teacher education (PETE) program provides opportunities for students to become critical thinkers, creative planners and effective practitioners.

## The Physical Education Program

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 PETE program is aligned with the National Standards Guidelines for Physical Education Teacher Education and is accredited by the Council for the Accreditation of Educator Preparation (CAEP). 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 (SOE). Students are admitted upon meeting the criteria established by the SOE. Completing the degree requirements for a physical education degree in the SOE prepares a graduate to become certified to teach physical education from kindergarten through grade 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 the psychology of human movement; the art of teaching and motivating students; and an appreciation of the individual differences of all people.

Students may enroll in the 300-level professional education courses before being formally admitted to the SOE. Prior to enrolling in the 400-level EDUC courses, students must complete the application for admission to the SOE; earn required grades in all core physical education courses (as specified in the handbook) and must maintain at least a 2.75 cumulative grade point average to stay in full-standing in the program; 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>).

A graduate leaves 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.

## Technology in Physical Education

Physical education majors at North Dakota State University are taught how to use and apply heart rate monitors and pedometers in activity settings.

Students will use video cameras and computer software to analyze sport skills and improve teaching effectiveness, K-12 student accountability, and personal reflection.

## Double Major

It is recommended that physical education majors obtain a degree enhancement through a double major. The physical education curriculum has been structured to allow PETE students to obtain a health education major during the same four-year time frame. The acquisition of additional credentials helps to prepare future professionals, giving them a broader area of expertise and making them more marketable. For further information about school health education, please refer to the Health Education Fact Sheet.

## Career Opportunities

Graduates in physical education find career opportunities teaching in public or private educational settings, coaching within the community, athletic programs including coaching at higher education institutions, community sports positions with parks and recreation facilities, and/or local organizations like the YMCA. If interested in coaching at higher education institutions, students are encouraged to maintain a 3.0 GPA to enhance their possibility for acceptance into graduate school to pursue the necessary master's degree required to coach at this level.

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.

## PHYSICAL EDUCATION TEACHING MAJOR

First Year			
Fall	Credits	Spring	Credits
ENGL 110	4	ENGL 120	3
HNES 110*	3	COMM 110	3
PSYC 111	3	Science/Technology w/ Lab	4
HNES 255*	3	Elective	3
Quantitative Reasoning	3	Humanities/Fine Art	3
	16		16
Second Year			
Fall	Credits	Spring	Credits
EDUC 321	3	EDUC 322	3
HNES 100, 111, or 217*	2-3	HNES 257*	3
HNES 211	1	PSYC 250 or HDFS 230	3
HNES 254*	3	Science/Technology	3
HNES 256*	3	Elective	3
Science/Technology	3	Apply to the School of Education	
Complete Core Academic Skills Exam			
	15-16		15
Third Year			
Fall	Credits	Spring	Credits
HNES 301**	3	EDUC 489	3
HNES 336**	3	HNES 350*	3
HNES 367**	3	HNES 353*	3
Elective	3	Humanities/Fine Arts	3
EDUC 451 (PE Section)*	3	Upper Division Writing	3
	15		15
Fourth Year			
Fall	Credits	Spring	Credits
EDUC 481 (PE Section)***	3	EDUC 485	1
EDUC 486	3	EDUC 487	9
HNES 461*	3	EDUC 488	3
Electives	6		
Apply for Student Teaching			
Complete PLT (grades K-12) exam			
Complete Subject Area Assessment Exam			
	15		13

Total Credits: 120-121

- \* 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 (\*\*).
- Global Perspectives and Diversity requirements can be obtained through careful selection of electives, Humanities/Fine Arts, and/or Science/Technology categories
- \*\*\* Students are required to earn a grade of C or better in course marked with three asterisks (\*\*\*).

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.

## Physical Education/Health Education Double Major

First Year			
Fall	Credits	Spring	Credits
ENGL 110	4	COMM 110	3
HNES 110*	3	ENGL 120	3
PSYC 111	3	Quantitative Reasoning	3
Science/Tech	3	Humanities/Fine Arts	3
HNES 255*	3	Science/Technology w/ Lab	4
	16		16
Second Year			
Fall	Credits	Spring	Credits
EDUC 321	3	HNES 200 or 250 (HNES 200 requires a grade of B, HNES 250 requires a grade of C)*	3
EDUC 322	3	HNES 217*	3
HNES 211	1	HNES 341*	3
HNES 254*	3	HNES 257*	3
HNES 256*	3	PSYC 210***	3
Humanities/Fine Arts	3	Science/Technology	3
Complete Core Academic Skills Exam		Apply to the School of Education	
	16		18
Third Year			
Fall	Credits	Spring	Credits
HNES 301**	3	EDUC 489	3
HNES 336**	3	HNES 345*	3
HNES 367**	3	HNES 350*	3
PSYC 212***	3	HNES 353*	3
EDUC 451 (PE Section)*	3	Upper Division Writing	3
	15		15
Fourth Year			
Fall	Credits	Spring	Credits
EDUC 481 (Health Section)***	3	EDUC 485	1
EDUC 481 (PE Section)***	3	EDUC 487	9
EDUC 486	3	EDUC 488	3
PSYC 250 or HDFS 230	3		
HNES 461*	3		
Apply for Student Teaching			
Complete PLT (grades K-12) Exam			

Complete Subject Area Assessment  
Exam

15

13

Total Credits: 124

- \* 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 (\*\*).
- Global Perspectives and Diversity requirements can be obtained through careful selection of Humanities/Fine Arts, and/or Science/Technology categories.
- \*\*\* Students are required to earn a "C" or better in courses marked with three asterisks (\*\*\*).