

Physical Education

Department Information

- **Department Web Site:**
www.ndsu.edu/education/ (<http://www.ndsu.edu/education/>)
- **Credential Offered:**
B.S.; B.A.
- **Official Program Curriculum:**
catalog.ndsu.edu/undergraduate/program-curriculum/physical-education/ (<http://catalog.ndsu.edu/undergraduate/program-curriculum/physical-education/>)

The Physical Education (https://www.ndsu.edu/hpe/undergraduate_programs/physical_education/) program provides opportunities for students to become critical thinkers, creative planners and effective practitioners in various physical activity contexts. To be successful in this field, one must a) develop foundational knowledge within the physical, biological and social sciences and be able to apply this knowledge through best practices; b) be able to plan and facilitate physically and emotionally safe activities, and c) have a professional disposition committed to ethical behavior, respecting individual differences, and helping individuals learn and grow.

Physical Education Program Options

Option One: K-12 Teacher Licensure

The licensure program prepares students with the skills and techniques necessary to begin a successful teaching career in K-12 physical education. The program is aligned with both the Society of Health and Physical Educators of America Initial Physical Education Teacher Education Standards (<https://www.shapeamerica.org/accreditation/peteacherprep.aspx>) and the Physical Education standards set forth by the North Dakota Education Standards and Practices Board (ESPB). Courses are strategically structured to be sequential in nature. Teacher candidates develop their teaching skills and confidence through a variety of hands-on teaching experiences prior to student teaching. These experiences include our unique NDSU Let's Move in Homeschool physical education program held on campus each fall and spring as well as Adopt-a-School service-learning program.

Students take courses in both the Health, Physical Education, and Recreation (HPER) and the School of Education (SOE). Students are fully admitted into the program when they have met the admission requirements established by the SOE. Coursework concludes with a culminating semester-long student teaching experience and graduates of this option meet the requirements for K-12 physical education licensure.

Teacher candidates in this option 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, teacher candidates must complete the application for admission to the SOE; earn required grades in all core physical education courses (as specified in the handbook); maintain at least a 2.75 cumulative grade point average in their course work and education courses; and pass the Core Academic Skills for Educators test or meet minimum scores on the ACT+. Requirements for admission can be found on the [School of Education website](#).

STUDENT TEACHING

Student teaching (clinical practice) is the culmination of the teaching program. During the clinical practice, teacher candidates apply the knowledge and skills acquired in their college courses to real-world classrooms under the supervision of experienced physical education teachers in elementary, middle and high schools. Faculty members from NDSU conduct regular on-site visits to support, encourage, and evaluate teacher candidates so that they gain the confidence and ability to join the teaching profession after graduation.

DOUBLE MAJOR

It is recommended that physical education majors obtain a degree enhancement through licensing, certification or a double major. The physical education curriculum has been structured to allow students to also complete 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 (https://www.ndsu.edu/hpe/undergraduate_programs/health_education/) website.

CERTIFICATION

Upon completing this program, teacher candidates are eligible for teacher licensure in physical education in most states. Our PETE program is accredited by the Council for the Accreditation of Educator Preparation (CAEP) and approved by the North Dakota Education Standards and Practices Board (ESPB).

Option Two: Coaching and Physical Activity Leadership

This option prepares students for careers in coaching, recreation, and youth physical activity programming. The program is aligned with the Society of Health and Physical Educators of America (SHAPE) National Standards for Sports Coaches (<https://www.shapeamerica.org/standards/coaching/>)

and promotes best practices in physical activity settings. Coursework focuses on youth development, injury care and prevention, planning and facilitation of physical activity programming, and instructional strategies for physical activity settings. Students have opportunities to engage in various field experiences prior to the culminating semester-long internship experience. Students must maintain a 2.75 cumulative grade point average in order to graduate.

TECHNOLOGY

Physical education majors at North Dakota State University are taught how to use and apply a variety of technologies and software to analyze physical activity skills and strategies, assess student/athlete progress towards meeting standards and outcomes/goals, and reflect on both their teaching/coaching effectiveness and student/athlete progress.

CAREER OPPORTUNITIES

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

Sample Program Guide

IMPORTANT DISCLAIMER: This guide is not an official curriculum. This guide is a sample four-year degree plan of how students might plan this major with other degree requirements to complete their education in four years. Student plans will vary from this sample due to a variety of factors, such as, but not limited to, start year, education goals, transfer credit, and course availability. To ensure proper degree completion, enrolled students should utilize Degree Map (<https://www.ndsu.edu/registrar/degreemap/>) and Schedule Planner (<https://www.ndsu.edu/onestop/degree-map-and-planning/>) in Campus Connection and consult regularly with academic advisors to ensure graduation requirements are being met.

PHYSICAL EDUCATION TEACHING MAJOR

First Year			
Fall	Credits	Spring	Credits
ENGL 110		3 ENGL 120	3
PSYC 111		3 EDUC 321	3
HPER 110*		3 HPER 217, HNES 100, or HNES 111*	2 or 3
HPER 255*		3 Gen Ed Science/Technology w/ Lab	4
Gen Ed Science/Technology		3 Gen Ed Quantitative Reasoning	3
		15	15-16
Second Year			
Fall	Credits	Spring	Credits
COMM 110		3 HPER 353*	3
EDUC 322		3 Gen Ed Science/Technology	3
HPER 211		1 Gen Ed Humanities/Fine Arts & Global Perspectives GE	3
HPER 254*		3 Free Elective	6
Gen Ed Humanities/Fine Arts		3	
Free Elective		3	
Complete Core Academic Skills Exam or access your ACT+ scores			
Apply to the School of Education			
		16	15
Third Year			
Fall	Credits	Spring	Credits
HPER 256*		3 EDUC 451*	3
HPER 301**		3 HPER 257*	3
EDUC 489		3 HPER 336**	3
Gen Ed Upper Division Writing		3 HPER 350*	3

Free Elective	3 HPER 367**	3
	15	15

Fourth Year			
Fall	Credits	Spring	Credits
EDUC 481 (PE Section)***		3 EDUC 485	1
Free Electives		4 EDUC 487	9
EDUC 486		3 EDUC 488	3
HPER 461*		3	
PSYC 250 or HDFS 230***		3	
Apply for Student Teaching			
Complete PLT (grades K-12) exam			
Complete Subject Area Assessment Exam			
		16	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 (**).

Students are required to earn a grade of C or better in course marked with three asterisks (***).

Sample Program Guide - Health Education & Physical Education Double Major

IMPORTANT DISCLAIMER: This guide is not an official curriculum. This guide is a sample four-year degree plan of how students might plan this major with other degree requirements to complete their education in four years. Student plans will vary from this sample due to a variety of factors, such as, but not limited to, start year, education goals, transfer credit, and course availability. To ensure proper degree completion, enrolled students should utilize Degree Map (<https://www.ndsu.edu/registrar/degree-map/>) and Schedule Planner (<https://www.ndsu.edu/onestop/degree-map-and-planning/>) in Campus Connection and consult regularly with academic advisors to ensure graduation requirements are being met.

First Year			
Fall	Credits	Spring	Credits
ENGL 110		3 EDUC 321	3
HPER 110*		3 ENGL 120	3
HPER 255*		3 Gen Ed Science & Tech w/ Lab	4
PSYC 111		3 Gen Ed Quantitative Reasoning	3
Gen Ed Science/Tech		3 Gen Ed Hum/Fine Arts & Cultural Diversity	3
		15	16

Second Year			
Fall	Credits	Spring	Credits
COMM 110		3 HPER 217, HNES 100, or HNES 111*	3
EDUC 322		3 HPER 257*	3
HPER 211		1 HPER 341*	3
HPER 254*		3 HNES 250***	3
HPER 256*		3 PSYC 210***	3
Gen Ed Hum/Fine Arts & Global Perspectives		3 Gen Ed Science & Tech	3
Complete Core Academic Skills Exam or access your ACT+ scores			
		16	18

Third Year			
Fall	Credits	Spring	Credits
PSYC 212 ^{***}		3 EDUC 489	3
HPER 301 ^{**}		3 HPER 345 [*]	3
HPER 336 ^{**}		3 HPER 350 [*]	3
HPER 367 ^{**}		3 HPER 353 [*]	3
EDUC 451 (PE section) [*]		3 Gen Ed 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	
HPER 461 [*]		3	
Apply for Student Teaching			
Complete PLT (grades K-12) Exam			
Complete Subject Area Assessment Exam			
		15	13

Total Credits: 123

*

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 (**).

Students are required to earn a "C" or better in courses marked with three asterisks (***).

Sample Program Guide

IMPORTANT DISCLAIMER: This guide is not an official curriculum. This guide is a sample four-year degree plan of how students might plan this major with other degree requirements to complete their education in four years. Student plans will vary from this sample due to a variety of factors, such as, but not limited to, start year, education goals, transfer credit, and course availability. To ensure proper degree completion, enrolled students should utilize Degree Map (<https://www.ndsu.edu/registrar/degree-map/>) and Schedule Planner (<https://www.ndsu.edu/onestop/degree-map-and-planning/>) in Campus Connection and consult regularly with academic advisors to ensure graduation requirements are being met.

First Year			
Fall	Credits	Spring	Credits
ENGL 110		3 ENGL 120	3
HPER 110		3 COMM 110	3
HPER 255 [*]		3 HNES 226	3
HNES 190		3 Gen Ed Science/Technology w/Lab	4
PSYC 111 [*]		3 Gen Ed Quantitative Reasoning	3
		15	16
Second Year			
Fall	Credits	Spring	Credits
HDFS 230		3 HDFS 330	3
HNES 250		3 Gen Ed Science/Technology	3
HPER 211		1 Gen Ed Humanities/Fine Arts & Cultural Diversity	3
HPER 217, HNES 100, or HNES 111		3 Free Electives	7

Gen Ed Humanities/Fine Arts & Global Perspectives		3		
Gen Ed Science/Technology		3		
		16		16
Third Year				
Fall	Credits		Spring	Credits
HDFS 340		3	HNES 388	3
HPER 301		3	HNES 431	3
HPER 336		3	HPER 349	3
HPER 367		3	Gen Ed Upper Division Writing	3
Program Elective		3	Program Elective	3
		15		15
Fourth Year				
Fall	Credits		Spring	Credits
PSYC 340		3	HNES 485	12
Program Elective		3		
Free Electives		9		
		15		12
Total Credits: 120				

*

Students are required to earn a "B" or better.