

# 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/) (<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/) (<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 teacher candidate must like to work with people, be adequately skilled in physical activities, have a commitment to wellness and be interested in the physical, biological and social sciences.

The PETE program emphasizes teaching and provides teacher candidates with skills and techniques necessary to begin a successful career in K-12 physical education. The 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.

Teacher candidates majoring in physical education will study the art and science of human movement, including 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. These courses are taught by the Department of Health, Nutrition, and Exercise Sciences (HNES). Teacher candidates also complete professional education courses through the School of Education (SOE).

Teacher candidates 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 grade point average overall 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 (<https://www.ndsu.edu/education/>).

## STUDENT TEACHING

Student teaching (clinical practice) is the culmination of the teaching program. During In 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.

## Technology in Physical Education

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 K-12 student progress towards meeting standards and outcomes, and reflect on their 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 the health education major, please refer to the Health Education Fact Sheet.

## CERTIFICATION

Upon completing this program, teacher candidates are eligible for teacher licensure in physical education in most states. Our 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) and approved by the North Dakota Education Standards and Practices Board (ESPB).

Teacher candidates 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.

## 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

Please note this is a sample program guide 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. Once admitted, students are encouraged to work with their assigned academic advisor on a regular basis to review degree progress.

## PHYSICAL EDUCATION TEACHING MAJOR

First Year			
Fall	Credits	Spring	Credits
ENGL 110		3 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
		<b>15</b>	<b>16</b>
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 or access your ACT+ scores			
		<b>15-16</b>	<b>15</b>
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
		<b>15</b>	<b>15</b>
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	7		
Apply for Student Teaching			
Complete PLT (grades K-12) exam			
Complete Subject Area Assessment Exam			
	<b>16</b>		<b>13</b>

**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 (\*\*\*).

**Sample Program Guide**

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**Physical Education/Health Education Double Major**

<b>First Year</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
ENGL 110		3 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
		<b>15</b>	<b>16</b>
<b>Second Year</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
EDUC 321		3 HNES 250 <sup>Requires a grade of C</sup>	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 or access your ACT+ scores		Apply to the School of Education	
		<b>16</b>	<b>18</b>
<b>Third Year</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
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
		<b>15</b>	<b>15</b>

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			
			<b>13</b>
<b>15</b>			

**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 (\*\*).
- 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 (\*\*\*).