

## 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 to the SOE are available at [www.ndsu.edu/education](http://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.

## Physical Education Teaching Major Plan of Study

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>Freshman</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
ENGL 110 College Composition I	4	ENGL 120 College Composition II	3
HNES 110 Introduction to Health and Physical Education*	3	COMM 110 Fundamentals of Public Speaking	3
PSYC 111 Introduction to Psychology	3	Gen Ed Science & Technology w/Lab	4
HNES 255 Professional Preparation in Middle School Physical Education*	3	Elective	3
Gen Ed Quantitative Reasoning	3	Gen Ed Humanities & Fine Arts	3
	<b>16</b>		<b>16</b>
<b>Sophomore</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
EDUC 321 Introduction to Teaching	3	EDUC 322 Educational Psychology	3
HNES 100 Concepts of Fitness & Wellness or 111 Wellness or 217 Personal and Community Health*	2-3	HNES 257 Professional Preparation in Elementary School Activities	3
HNES 211 Successful Coaching	1	PSYC 250 Developmental Psychology or HDFS 230 Life Span Development	3
HNES 254 Curriculum, Standards & Assessment in PE*	3	Gen Ed Science & Technology	3
HNES 256 Professional Preparation in High School PE*	3	Elective	3
Gen Ed Science & Technology	3	<i>Apply to the School of Education</i>	
<i>Complete Core Academic Skills Exam</i>			
	<b>15-16</b>		<b>15</b>
<b>Junior</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
HNES 301 Motor Learning and Performance**	3	EDUC 489 Teaching Students of Diverse Backgrounds	3
HNES 336 Methods of Coaching**	3	HNES 350 Fitness Education Activities and Materials*	3
HNES 367 Principles of Conditioning**	3	HNES 353 Adapted Physical Education*	3
Elective	3	Gen Ed Humanities & Fine Arts	3
EDUC 451 Instructional Planning, Methods and Assessment (PE Section)*	3	Gen Ed Upper Division Writing	3
	<b>15</b>		<b>15</b>
<b>Senior</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
EDUC 481 (PE) Classroom Practice Methods of Teaching I***	3	EDUC 485 Student Teaching Seminar	1
EDUC 486 Classroom Management for Diverse Learners	3	EDUC 487 Student Teaching	9
HNES 461 Administrative and Social Aspects of Physical Education and Athletics*	3	EDUC 488 Applied Student Teaching	3
Electives	6		
<i>Apply for Student Teaching</i>			
<i>Complete PLT (grades K-12) Exam</i>			
<i>Complete Subject Area Assessment Exam</i>			
	<b>15</b>		<b>13</b>
<b>Total Credits: 120-121</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 (\*\*).

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

View NDSU equivalencies of transfer courses at: [www.ndsu.edu/transfer/equivalencies](http://www.ndsu.edu/transfer/equivalencies)

### For Further Information

**MAILING ADDRESS:** College of Human Sciences & Education | NDSU Dept 2600 | PO Box 6050 | Fargo, ND 58108-6050  
**DEPT LOCATION:** E. Morrow Lebedeff Hall 255  
**DEPT PHONE:** (701) 231-8211  
**DEPT WEBSITE:** [www.ndsu.edu/hse/](http://www.ndsu.edu/hse/)  
 ~ OR ~  
**MAILING ADDRESS:** Physical Education | NDSU Dept 2625 | PO Box 6050 | Fargo, ND 58108-6050  
**DEPT LOCATION:** Katherine Kilbourne Burgum Family Life, 4-H Center  
**DEPT PHONE:** (701) 231-7921  
**DEPT WEBSITE:** [www.ndsu.edu/education](http://www.ndsu.edu/education)

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