

## 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. To earn a degree, each student must complete the core requirements listed, then may choose courses that prepare for practice in the public school setting. The program integrates classroom and experiential community-based learning in many of 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 and managing of all ten areas of the Whole School, Whole Community, and 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 areas.

Students must earn the designated grade for all core health education courses and must maintain at least a 2.75 cumulative grade point average (GPA) to stay in full-standing in the program.

### 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 programing, nonprofit organizations and private businesses.

**Double Major** -- It is recommended that health education students obtain a degree enhancement through licensing, certification, 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.

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

### For Further Information

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<b>Sample Curriculum</b>	
<b>Credits</b>	<b>General Education</b>
	Communication
3	COMM 110 - Fundamentals of Public Speaking
3	ENGL 110 - College Composition I
3	ENGL 120 - College Composition II
3	ENGL 358 - Writing in the Humanities and Social Sciences
3	Quantitative Reasoning
10	Science & Technology
6	Humanities & Fine Arts
	Social & Behavioral Sciences
3	PSYC 111 - Introduction to Psychology
3	SOC 110 - Introduction to Sociology
	Wellness
3	HNES 217 - Personal and Community Health
-	Cultural Diversity
-	Global Perspective
<b>39</b>	<b>TOTAL</b>
<b>Credits</b>	<b>College/Department Requirements</b>
1	HD&E 320 - Professional Issues
<b>1</b>	<b>TOTAL</b>
<b>Credits</b>	<b>Major Requirements</b>
3	HDFS 135 - Family Science
3	HDFS 230 - Life Span Development or PSYC 250 - Developmental Psychology
3	HNES 110 - Introduction to Health and Physical Education
3	HNES 200 - Principles of Nutrition or HNES 250 - Nutrition Science
3	HNES 341 - Psychosocial Aspects of Health
3	HNES 345 - Material and Concepts of Health Education
3	HNES 367 - Principles of Conditioning
3	HNES 445 - Organization and Administration of Coordinated School Health Programs
3	PSYC 210 - Human Sexuality
3	PSYC 212 - Psychological Aspects of Drug Use and Abuse
<b>30</b>	<b>TOTAL</b>
<b>Professional Education Requirements</b>	
<b>Credits</b>	<b>School Health Option</b>
3	EDUC 321 - Introduction to Teaching
3	EDUC 322 - Educational Psychology
3	EDUC 451 - Instructional Planning, Methods and Assessment
3	EDUC 481 - Classroom Practice Methods of Teaching I: (Health Ed K-12)
1	EDUC 485 - Student Teaching Seminar
3	EDUC 486 - Classroom Management for Diverse Learners
9	EDUC 487 - Student Teaching
3	EDUC 488 - Applied Student Teaching
3	EDUC 489 - Teaching Students of Diverse Backgrounds
19	Electives
<b>50</b>	<b>TOTAL</b>
<b>122</b>	<b>Minimum Degree Credits to Graduate</b>

This sample curriculum is not intended to serve as a curriculum guide for current students, but rather an example of course offerings for prospective students. For the curriculum requirements in effect at the time of entrance into a program, consult with an academic advisor or with the Office of Registration and Records.

<https://bulletin.ndsu.edu/undergraduate/programs/>

### **Transferring Credits**

View NDSU equivalencies of transfer courses at:

[www.ndsu.edu/transfer/equivalencies](http://www.ndsu.edu/transfer/equivalencies)