

HEALTH AND PHYSICAL EDUCATION

The Health and Physical Education major prepares teacher candidates to effectively teach K-12 students about physical and health literacy to ensure these students have the knowledge, skills, and confidence to enjoy a health-enhancing, physically active lifestyle. Students who complete this program are eligible for licenses to teach Health Education (grades 5-12) and Physical Education (grades K-12). Graduates from this program are employed in the K-12 school systems throughout the country.

PROGRAMS



DEGREES AND CERTIFICATES

- Bachelor of Science in Health and Physical Education
- Developmental Adapted Physical Education (DAPE) Minor
- Master of Arts in Exercise Physiology
- Master of Science in Athletic Training

ABOUT THE PROGRAM

Health and physical education empower graduates to encourage all children to lead healthy and active lives through effective health and physical education programs. The majority of our graduates will teach either in elementary, middle, or senior high school and may also have appointments as coaches of one or more sports.

REAL-WORLD CONNECTIONS



SKILLS AND TALENTS

- Teaching Skills
- Written and Verbal Communication
- Physical Therapy
- Enthusiasm for Sports and Fitness
- Health Skills
- Athletic Training

CAREERS

- Teacher
- Health and Physical Education Teacher
- Coach
- Athletic Trainer
- DAPE Teacher
- Direct Support Professional

EMPLOYERS

- Public Schools
- Gyms and Fitness Centers
- Community Centers
- Personal Trainers
- Minnesota Army National Guard
- Scheels

INSPIRED ACTION



EMPLOYMENT RATE

92.3%
of program graduates begin their careers within one year of graduation.

Graduates: 51
Respondents: 41
link.mnsu.edu/graduate-follow-up

MEDIAN SALARY

\$59,990
The median annual wage for Health Education Specialists and Community Health Workers in May 2022.

Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Health Education Specialists and Community Health Workers, at link.mnsu.edu/health-physical-education-salary

PROGRAM WEBSITE



ahn.mnsu.edu/hpe



SAMPLE FOUR-YEAR PLAN - HEALTH AND PHYSICAL EDUCATION, BS

First Year (Fall)	First Year (Spring)
ENG 101 Foundations of Writing & Rhetoric (4) HLTH 101 Health and the Environment (3) PSYC 101 Introduction to Psychological Science (4) General Education Course (4)	FCS 140 Introduction to Nutrition (3) HLTH 210 First Aid & CPR (3) HLTH 311 Family Life & Sex Education (3) General Education Course (3) General Education Course (4)
Second Year (Fall)	Second Year (Spring)
HP 201 Introduction to Teaching Physical Education (3) KSP 202 Technology Integration in the Classroom (1) HLTH 240 Drug Education (3) HP 295 Fundamentals of Physical Education Activities (3) HP 333 Intro to Developmental Adapted Physical Education (3) General Education Course (3)	KSP 220W Human Relations in a Multicultural Society (3) KSP 222 Intro to the Learner and Learning HP 313 Lifespan Motor Development (3) HP 330 MN PE Standards & Benchmarks (2) HP 331 Game Forms I (2) General Elective Course (2) General Education Course (3)
Third Year (Fall)	Third Year (Spring)
HLTH 320 School Health Education (3) HP 334 Game Forms III (2) HP 388 Assessment in General Phys Educ & DAPE (3) HP 426 Physical Education Teaching Styles (3) HLTH 451 Emotional Health and Stress (3)	KSP 330 Planning and Instruction in the Classroom (3) KSP 334 Assessment and Evaluation (3) HLTH 420W Health Teaching Methods (3) HP 427 Applied Movement Principles (3) HP 449 K-12 Teaching Methods in Physical Education (3) HP 450 K-12 Teaching Physical Education Practicum (1)
Fourth Year (Fall)	Fourth Year (Spring)
KSP 440 Creating Learning Environments to Engage Children, Families, and Community (3) KSP 442 Reading, Literacy, and Differentiated Instruction in Inclusive Classrooms (3) HLTH 454 Chronic and Infectious Diseases (3) HP 460 Curriculum Design in Physical Education (3) General Elective Course (2)	KSP 464 Professional Seminar (1) KSP 476 K-12 Student Teaching (11)

For more information about program requirements, visit:

mnsu.edu/academics/academic-catalog

LEARN MORE

Department of Health Science

213 Highland Center
 507-389-1527
human-performance@mnsu.edu

NOTES
