HEALTH & PHYSICAL EDUCATION College of Allied Health & Nursing

WHAT DEGREE & PROGRAM DO YOU OFFER?
We offer a BS in Health and Physical Education teaching. Students who complete this program are eligible for licenses to teach Health Education (grades 5-12) and Physical Education (grades K-12).

WHAT CAREER OPPORTUNITIES ARE AVAILABLE FOR STUDENTS COMPLETING THIS PROGRAM?
Graduates from this program are employed in the K-12 school systems throughout the country. The majority of graduates seek employment in Minnesota, Iowa, North and South Dakota although we have quite a few graduates also teaching in Arizona and Texas. Typically our graduates will teach either in the elementary, middle, or senior high school and may also have appointments as coaches of one or more sports.

EXAMINING THE QUALITY OF OUR PROGRAM
Accreditations
We are accredited by the National Council for Accreditation of Teacher Education (NCATE) and Minnesota Board of Teaching (MN BOT).

Placement Rate
The Health and Physical Education teaching major is a new program at Minnesota State University, Mankato. Therefore, we do not have formal data specific to the graduates from this major. In 2011-2012 the placement rate for graduates who completed the School Health Education major was 100% and the placement rate for graduates who completed the Physical Education major was 100%. Anecdotal reports of job placement from Spring 2015 graduates is also 100%.

Licenses/Tests
Students in this program must pass the following Minnesota Teacher Licensure Examinations: Basic Skills Tests (subtests include Reading, Writing and Mathematics), Health (2 subtests), and Physical Education (2 subtests). In 2014 Health and Physical Education majors had 100% pass rates on the Licensure Field tests in both Health and Physical.

Faculty
The faculty for these programs are from the Department of Health Science and the Department of Human Performance. Most faculty have terminal degree and are active and well published in their specific disciplines.

Alumni Successes
Many of our alumni have assumed leadership roles in the profession at the state and/or national level. Most are excellent teachers and serve the profession extremely well in that manner.

STUDENT EXPERIENCE/PROGRAM REQUIREMENTS
Faculty/student ratio: 1:24
Although the faculty/student ratio for all students in the Department of Health Science is 1:24, it is important to note that students in upper division (200 and 300-level) courses have classes that have faculty/student ratios ranging from 1:10 to 1:20.

Specialized Equipment and Facilities
The specialized facilities for Health and Physical Education majors include the Schellberg Gymnasium, the Human Performance Laboratory, Fitness Center, Myers Field House, and the First Aid and CPR classroom in Pennington Hall. In Fall 2016 the First Aid and CPR classroom will be in the new Clinical Sciences Building.

Clinical and Field Experience
Minnesota State Mankato's Health and Physical Education major program prepares students in evidence-based, best practices of teaching health and physical education. Coursework consists of basic health classes (e.g., Drug Education), physical activity classes (e.g., Aquatic Skills), professional education courses (e.g., School Health Education), courses for teaching Health Education (e.g., Health Teaching Methods) and Physical Education (e.g., Methods of Elementary Physical Education and Methods of Secondary Physical Education), Professional Education (e.g., Creating Learning Environments to Engage Children, Families, and Communities) and supporting (Chemistry, Anatomy, Physiology, Psychology, Speech) classes. The program is enhanced through a variety of active learning application experiences blended with coursework. In addition, students acquire a variety of hands-on learning experiences within the community and schools. The capstone experience during senior year is student teaching.

Scholarships
Three scholarships ranging from $200 to $500 are awarded annually to students in their junior or senior year.

Special Programs
Two programs within the Department of Human Performance that serve our students well are the Development Adapted Physical Education (DAPE) minor and the Athletic Coaching minor. It is strongly recommended that students pursue at least one of these minors.

Clubs
The Health and Physical Education Majors club is a professional development and service oriented club and open to all students pursuing a major in Health and Physical Education or School Health Education.
**HOW DOES A STUDENT PREPARE FOR THIS PROGRAM?**

A background in health and physical activity and working with children and adolescents is important for students interested in this major. This background may include, but is not limited to, traditional sports-based programs, a voluntary health organization (e.g., the American Cancer Society), or involvement and leadership in other school or community-based programs that support health (e.g., 4H) and physical activity (i.e., YMCA, YWCA, and Boys and Girls Clubs). In addition, students are best prepared with strong preparation in the physical (e.g., Chemistry), natural (i.e., Biology, Anatomy, and Physiology) and social sciences (e.g., Psychology).

**FOR MORE INFORMATION PLEASE CONTACT**

Department of Health Science  
Minnesota State University, Mankato  
213 Highland Center North  
Mankato, MN 56001  
Phone: 507-389-1527  
*OR*  

Department of Human Performance  
Minnesota State University, Mankato  
1400 Highland Center  
Mankato, MN 56001  
Phone: 507-389-6313  
Email: humanperformance@mnsu.edu

You are encouraged to visit the campus. To arrange for a visit, please call the Office of Admissions: 507-389-1822 Toll-Free: 800-722-0544.

**SAMPLE FIVE-YEAR CURRICULUM (HEALTH AND PHYSICAL EDUCATION, BS)**

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<th>First Year (Fall)</th>
<th>First Year (Spring)</th>
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| HTH 101 Health and the Environment, Goal Area 10 (3)  
MATH 112 College Algebra, Goal Area 4 (4)  
ENGL 101 Composition, Goal Area 1a (4)  
PSYC 101 Introduction to Psychological Sciences (Goal Area 5) (4) | CHM 103 Chemistry of Life Processes, Part 1 (General), Goal Area 3 (3)  
FCS 140 Introduction to Nutrition, Goal Area 3 (3)  
HP 202 Introduction to Teaching PE and Health (1)  
Goal Areas 6 and 9 (3) (Course should meet both goal areas)  
Goal Areas 6 and 8 (4) (Course should be a 4-credit course that meets both goal areas)  
Goal Area 1B (3) |

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<th>Second Year (Fall)</th>
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| HTH 210 First Aid & CPR (3)  
HTH 240 Drug Education (3)  
BIOL 220 Human Anatomy (4)  
HP 203 Fundamental Individual and Outdoor Team Sports (2)  
HP Aquatic Skills, Goal Area 11 (1) | BIOL 310 Human Physiology (Pre Req CHM and BIOL 220) (4)  
KSP 222 Introduction to the Learner and Learning (2)  
KSP 202 Technology Integration in the Classroom (2)  
HP 291 Concepts of Fitness, Goal Area 11 (2)  
HP 205 Fundamentals of Rhythm and Dance (2)  
Application for Professional Education 2.75 or higher cumulative G.P.A.  
Evidence of registration for MTLE Basic Skills Exam  
C or better in ENGL 101 and MATH |

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<th>Third Year (Fall)</th>
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| HTH 451 Emotional Health & Stress (3)  
HP 411 Adapted Physical Education (3)  
HP 413 Lifespan Motor Development (2)  
HP 414 Exercise Physiology (Pre Req BIOL 310) (3)  
HPT 348A Structural Kinesiology and Biomechanics (Pre Req BIOL 220) (3) | HTH 311 Family Life & Sex Education (3)  
HTH 320 School Health Education (3)  
HTH 410 Current Health Issues (3)  
HP 356 Methods of Elementary Physical Education (3)  
KSP 330 Planning, Instruction and Evaluation (Pre Req Level 1) (5)  
Application for Student Teaching  
Application for Graduation |

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<th>Fourth Year (Fall)</th>
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| HTH 420V Health Teaching Methods (Pre Req HTH 320, Pre Req/Co Req KSP 330) (3)  
HTH 454 Chronic & Infectious Disease (Pre Req BIOL 310) (3)  
HP 387 Methods of Secondary Physical Education (Pre Req/Co Req KSP 330) (3)  
KSP 440 Creating Learning Environments to Engage Children, Family and Community (Pre Req Level 2, Co Req 442) (3)  
KSP 442 Reading, Literacy and Differentiated Instruction in Inclusive Classrooms (Pre Req Level 2, Co Req 440) (3) | KSP 464 Professional Seminar (Pre Req Level 3) (1)  
KSP 476 Student Teaching (Pre Req Level 3) (1)  
Complete MTLE for both Health Education and Physical Education |

*Note: This major has two General Education waivers: 1) 40 credits of General Education, and 2) BIOL 220 and BIOL 330 to meet the Goal Area 3 lab requirements.*

For additional information about course requirements, please visit [http://www.mnsu.edu/supersite/academics/bulletins/](http://www.mnsu.edu/supersite/academics/bulletins/)