



# Health Education

## About this Composite Major

The Health Education major prepares students to work as health educators within public school systems, grades 5-12. Students will study nutrition, human sexuality, drug education, and contemporary health issues. The curriculum in health education seeks to enhance knowledge of health services, health in the environment, and health instruction in public schools. Students will also become comfortable and skilled with the use of technology and will be able to demonstrate its application in the educational setting. Throughout the curriculum, learners will work with master teachers who will prepare the students to effectively teach in today's health education classroom.

## Flexible Degree Options

### 1. Health Education and Physical Education Double Major

- With this dual focus, students develop a diverse skill set which prepares the future educator to teach a broad range of courses. With the addition of courses focused on mental health, community health, disease, and drug prevention, students have the opportunity to learn about and develop the skills needed to provide holistic health instruction inside and outside of the classroom.

### 2. Online Health Education

- VCSU offers an online Health Education degree program for working students or students who live outside the VCSU area. We are focused on providing a comprehensive and interactive program that allows our online students to pursue their educational goals in a non-traditional manner.

## Teacher Education Requirements

Students must apply for and be accepted into the VCSU Teacher Education Program to complete courses required for teacher certification. Students should plan to apply for acceptance into the Teacher Education Program after their sophomore year or the beginning of their junior year. This program requires a minimum cumulative GPA of 2.75 or higher and evidence of reading, writing, and math proficiency. Additional criteria for admission to Teacher Education can be found within the VCSU Catalog (<http://catalog.vcsu.edu/undergraduate-catalog/teacher-education-program/>).

## Meet a Student



I am forever indebted to VCSU and the educational experience I was provided. The student-based curriculum truly embraces each future teacher's potential. The Health and Physical Education (HPE) program consistently demonstrated enhancement, advancement and collective progression in an intimate way. The HPE program also provided a hands-on experience that fosters growth professionally, ethically and educationally. The demonstrations and educational practices of the HPE program provided elevating innovation. While at times the expectations were rigorous and overwhelming, those anxieties were comforted with professional experience, belief, and most importantly quality instruction. Choose a good college to become a good teacher. Choose VCSU to become a teacher who is a difference maker. - Darius Graves '19

## Accreditation

- Council for the Accreditation of Educator Preparation (CAEP)



## Get Involved in the Major



The **Kinesiology and Human Performance Club** empowers students by providing invaluable opportunities such as attending professional conferences, crafting resume materials, preparing for exams like the GRE and PRAXIS, navigating the application processes for professional graduate programs, and studying for certifications and credentialing exams. The club is dedicated to cultivating students' growth and achievement within their discipline, fostering success in both academic and professional environments.

## Contact Information

### Department Chair

Dr. Rachelle Hunt, rachel.hunt@vcsu.edu, (701) 845-7260

### Faculty Contact

Amber Thompson, amber.thompson.1@vcsu.edu, (701) 845-7582

### Department Location

Gaukler Family Wellness Physical Education Center, 149

### Schedule your visit today!

<http://visit.vcsu.edu/>

(701) 845-7101 or (800) 532-8641

## Plan of Study for Health Education Major

### First Year

Fall	Credits	Spring	Credits
HPER 100 (Gen Ed)	2	English Composition (Gen Ed)	3
HPER 210	1	HPER 212	2
UNIV 150	1	MATH 104, 107, or 210 (Gen Ed)	3
Computer Science and Literacy (Gen Ed)	3	PSYC 111 (Gen Ed)	3
English Composition (Gen Ed)	3	Speech Communications (Gen Ed)	3
Lab Science (Gen Ed)	4		
	<b>14</b>		<b>14</b>

### Second Year

Fall	Credits	Spring	Credits
EDUC 250	3	Additional Humanities or Social Science (Gen Ed)	2
HPER 258	3	Art and Music (Gen Ed)	3
HPER 300	3	EDUC 240	3
Lab Science (Gen Ed)	4	HPER 206	3
Social Science (Gen Ed)	3	HPER 259	3
	<b>16</b>		<b>14</b>

### Third Year

Fall	Credits	Spring	Credits
EDUC 283	3	Directed Elective	3
EDUC 352	1	EDUC 300	2
HPER 240	3	EDUC 351	1
Literacies (Gen Ed)	3	EDUC 375	2
Electives	8	HPER 315	3
		HPER 380	3
		PSYC 250	3
	<b>18</b>		<b>17</b>

### Fourth Year

Fall	Credits	Spring	Credits
EDUC 400	2	EDUC 480	10
HPER 390	3		
HPER 400	3		
EDUC 450	2		
Electives	7		
	<b>17</b>		<b>10</b>

**Total Credits 120**

Please note: This plan is intended for general information only. Students are strongly encouraged to meet with their academic advisor each semester before registration.



## Plan of Study for a Health Education Major and a Physical Education Major

\*Opportunities for Summer Courses

First Year			
Fall	Credits	Spring	Credits
HPER 100	2	HPER 206	3
HPER 108	1	HPER 215	3
HPER 207	2	PSYC 111	3
HPER 210	1	English Composition (Gen Ed)	3
UNIV 150	1	Math (Gen Ed)	3
Computer Science and Literacy (Gen Ed)	3	Speech Communication (Gen Ed)	3
English Composition (Gen Ed)	3		
Lab Science (Gen Ed)	4		
	<b>17</b>		<b>18</b>
Second Year			
Fall	Credits	Spring	Credits
HPER 208	3	HPER 259	3
HPER 258	3	HPER 285	3
EDUC 250	3	HPER 300	3
HPER 212 (Gen Ed)	2	HPER 314	3
Lab Science (Gen Ed)	4	EDUC 240	3
Social Science (Gen Ed)	3	Art or Music (Gen Ed)	3
	<b>18</b>		<b>18</b>
Third Year			
Fall	Credits	Spring	Credits
HPER 220	3	HPER 240	3
HPER 325	3	HPER 315	3
HPER 386	3	HPER 380	3
HUM 201 (Gen Ed)	3	HPER 388	2
EDUC 283	3	HPER 402	3
EDUC 352	1	EDUC 351	1
PSYC 250	3	EDUC 400	2
	<b>19</b>		<b>17</b>
Fourth Year			
Fall	Credits	Spring	Credits
HPER 390	3	HPER 410	3
HPER 400	3	EDUC 480	10
HPER 490	3		
EDUC 300	2		
EDUC 375	2		
EDUC 450	2		
Additional Gen Ed	2		
	<b>17</b>		<b>13</b>
<b>Total Credits 137</b>			

## Learning Outcomes

1. Students will demonstrate the ability to plan, implement, evaluate, and reflect age-appropriate health education content in the communication of written lesson plans.
2. Students will demonstrate the ability to effectively manage and transition in the Health Education classroom.
3. Students will demonstrate the ability to provide for reasonable accommodations for students with disabilities.
4. Students will demonstrate the ability to incorporate biological and behavioral sciences into the Health Education curriculum.
5. Students will evaluate the societal influences on personal and community health.
6. Students will demonstrate proficiency in first aid, CPR, and AED.