



Physical Education K-12

About this Composite Major

The **Physical Education major** is designed to prepare students for teaching physical education in grades K-12. Students will engage in content that includes the study of human anatomy and physiology, biomechanics, outdoor recreational pursuits, motor skills, and activities for the physical educator. At Valley City State University, our goal is to produce great physical educators who will make a difference in the lives of the students they teach. This goal is accomplished by providing students ample opportunities to practice and develop essential teaching skills while engaging in the physical education content. Students will become competent in 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 effectively prepare the students to teach in today's physical education classroom.

Flexible Degree Options

1. Online Physical Education

- VCSU offers a fully **online Physical 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.

2. Physical Education with Adapted Physical Education Minor

- This **major** and **minor** combination equips future educators with the skills needed to create inclusive learning environments for individuals with special needs. Through extended learning opportunities and practical experiences, students will develop an understanding of accommodating diverse needs, developing effective teaching strategies, and compliance with legal requirements. Students are encouraged to consider a minor in adapted physical education as it increases their employability and versatility as an educator.

3. Physical Education and Health 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.

Meet a Student



I would say that if someone is looking for a place to become an outstanding teacher, VCSU is a terrific place to start that process. What I experienced in and out of the classroom has made me the teacher that I am today and has given me the tools to excel. One thing that always stuck out to me was how often we observed and taught lessons to live classes in the high school and elementary setting. It helped to build confidence throughout my 4 years and gave me firsthand experience of what it takes to be a great teacher. Learning how to create and teach lessons with valuable content was also a huge focus during my time at VCSU. Lesson planning opened my eyes to a variety of resources and gave me a firm foundation in what it takes to become a teacher. Lastly, the interaction with the professors was top notch. They were always available to help with any questions or concerns that came up and formed a great relationship with each student. Overall, my time spent at VCSU was exceptional and integral in becoming an educator. - Andrew Hirsch '18



Career Opportunities



Students in this degree path have career opportunities in **physical education, fitness, recreation, and coaching.**

- K-12 Physical Education Teacher
- Coach
- Personal trainer
- Activities coordinator

Accreditation

- Council for the Accreditation of Educator Preparation (CAEP)

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/>).

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

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Department Location

Gaukler Family Wellness & Physical Education Center 149

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

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



Plan of Study for Physical Education Major

First Year

Fall	Credits	Spring	Credits
HPER 108	1	HPER 206	3
HPER 207	2	HPER 215	3
UNIV 150	1	PSYC 111 (Gen Ed)	3
Computer Science and Literacy (Gen Ed)	3	English Composition (Gen Ed)	3
English Composition (Gen Ed)	3	Math (Gen Ed)	3
Lab Science (Gen Ed)	4	Speech Communication (Gen Ed)	3
Wellness (Gen Ed)	2		
	16		18

Second Year

Fall	Credits	Spring	Credits
HPER 208	3	HPER 259	3
HPER 258	3	HPER 285	3
EDUC 250	3	HPER 314	3
Lab Science (Gen Ed)	4	HPER 388	2
Social Science (Gen Ed)	3	EDUC 240	3
		Art and Music (Gen Ed)	3
	16		17

Third Year

Fall	Credits	Spring	Credits
HPER 220	3	HPER 210	1
HPER 325	3	HPER 380	3
EDUC 283	3	HPER 402	3
EDUC 352	1	HPER 410	3
PSYC 250	3	EDUC 400	2
Literacies (Gen Ed)	3		
	16		12

Fourth Year

Fall	Credits	Spring	Credits
HPER 386	3	EDUC 480	10
HPER 490	3		
EDUC 300	2		
EDUC 351	1		
EDUC 375	2		
EDUC 450	2		
Additional Humanities	2		
	15		10

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 Physical Education Major and Adapted Physical Education Minor

*Opportunities for summer courses

First Year

Fall	Credits	Spring	Credits
HPER 100 (Gen Ed)	2	HPER 206	3
HPER 108	1	HPER 215	3
HPER 207	2	PSYC 111 (Gen Ed)	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		
	17		18

Second Year

Fall	Credits	Spring	Credits
HPER 208	3	HPER 259	3
HPER 258	3	HPER 285	3
HPER 386	3	HPER 314	3
EDUC 250	3	EDUC 240	3
Lab Science (Gen Ed)	4	Art or Music (Gen Ed)	3
		Social Science (Gen Ed)	3
	16		18

Third Year

Fall	Credits	Spring	Credits
HPER 220	3	HPER 380	3
HPER 325	3	HPER 388	2
HPER 485	3	HPER 402	3
EDUC 283	3	HPER 410	3
EDUC 352	1	EDUC 400	2
HUM 201 (Gen Ed)	3	SPED 310 (APE Minor)	3
PSYC 250	3	SPED 340 (APE Minor)	3
	19		19

Fourth Year

Fall	Credits	Spring	Credits
HPER 490	3	EDUC 480	10
EDUC 300	2		
EDUC 351	1		
EDUC 375	2		
EDUC 450	2		
SPED 380 (APE Minor)	3		
HPER 488 (APE Minor)	2		



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Additional Humanities (Gen Ed)	2	
	17	10

Total Credits 134

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

*Opportunities for summer courses

First Year

Fall	Credits	Spring	Credits
HPER 100 (Gen Ed)	2	HPER 206	3
HPER 108	1	HPER 215	3
HPER 207	2	PSYC 111 (Gen Ed)	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		
	17		18

Second Year

Fall	Credits	Spring	Credits
HPER 208	3	HPER 285	3
HPER 212 (Health Ed Major)	2	HPER 259	3
HPER 258	3	HPER 300 (Health Ed Major)	3
EDUC 250	3	HPER 314	3
Lab Science (Gen Ed)	4	EDUC 240	3
Social Science (Gen Ed)	3	Art or Music (Gen Ed)	3
	18		18

Third Year

Fall	Credits	Spring	Credits
HPER 220	3	HPER 240 (Health Ed Major)	3
HPER 325	3	HPER 315 (Health Ed Major)	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
	19		17

Fourth Year

Fall	Credits	Spring	Credits
HPER 390 (Health Ed Major)	3	HPER 410	3
HPER 400 (Health Ed Major)	3	EDUC 480	10
HPER 490	3		
EDUC 300	2		
EDUC 375	2		

EDUC 450	2	
Additional Gen Ed	2	
	17	13

Total Credits 137

Learning Outcomes

1. The teacher candidate will be able to apply discipline-specific scientific concepts as related to the physical education major.
2. The teacher candidate will demonstrate the ability to apply the concepts of fitness into the physical education lesson.
3. The teacher candidate will demonstrate the ability to provide reasonable accommodations for students with disabilities.
4. The teacher candidate will demonstrate the ability to plan, implement, evaluate, and reflect age-appropriate physical education content in the communication of written lesson plans.
5. The teacher candidate will demonstrate the ability to effectively manage and transition in the physical education classroom.
6. The teacher candidate will demonstrate the ability to assess and provide for a safe learning environment.
7. The teacher candidate will demonstrate proficiency in first aid, CPR, and AED.
8. The teacher candidate will be able to apply discipline-specific activities as related to the physical education major.