



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 will 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 student to teach in today's physical education 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 fitness, wellness, recreation and sports. Some of the most popular careers with this degree include

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

Accreditations

- Council for the Accreditation of Educator Preparation (CAEP)

Teacher Education Requirements

Students are typically admitted into Teacher Education during their sophomore year or the beginning of their junior year of college. This program requires a minimum cumulative GPA of 2.75 or higher and successfully completing the Praxis I test. 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 your Major



The VCSU SHAPE Club provides students in physical education and health education opportunities to discuss current topics in their respective profession and collaborate to provide community outreach programs. The VCSU SHAPE Club strives to build young Health and Physical Education professionals through experiences while attending conferences such as the ND SHAPE Conference, the MN SHAPE Conference, and the Pre-Professionals Workshop. By attending these conferences, our majors gain Health & PE content knowledge and skills, experience in presenting content to their peers, as well as collaboration with veteran Health and PE teachers and administrators from across the tri-state area. Also, on-campus students can join Kappa Delta Pi (KDP) or Student North Dakota United (SNDU), among many other organizations.

Contact Information

Department Chair

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Faculty Contact

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Department Location

Gaukler Family Wellness & Physical Education Center 149,
(701) 845-7580

Schedule your visit today!

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

(701) 845-7101 or (800) 532-8641, ext. 7101

Plan of Study

First Year

Fall	Credits	Spring	Credits
English Composition (Gen Ed)	3	English Composition (Gen Ed)	3
HPER 108	1	HPER 215	3
HPER 207	2	HPER 220	3
HPER 210	1	MATH 104, 107, or 210 (Gen Ed)	3
Lab Science (Gen Ed)	4	PSYC 111 (Gen Ed)	3
Computer Science and Literacy (Gen Ed)	3	Speech Communication (Gen Ed)	3
UNIV 150	1		
Wellness (Gen Ed)	2		
	17		18

Second Year

Fall	Credits	Spring	Credits
EDUC 250	3	Art and Music (Gen Ed)	3
HPER 208	3	EDUC 240	3
HPER 258	3	HPER 206	3
Lab Science (Gen Ed)	4	HPER 259	3
Social Science (Gen Ed)	3	HPER 314	3
	16		15

Third Year

Fall	Credits	Spring	Credits
EDUC 283	3	Additional Humanities or Social Science (Gen Ed)	2
EDUC 352	1	Credits towards minor	6
HPER 285	3	EDUC 400	2
HPER 325	3	HPER 380	3
Literacies (Gen Ed)	3	HPER 388	2
		PSYC 250	3
	13		18

Fourth Year

Fall	Credits	Spring	Credits
EDUC 300	2	EDUC 480	10
EDUC 351	1		
EDUC 375	2		
HPER 410	3		
HPER 490	3		
EDUC 450	2		
	13		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.