

Health and Physical Education

The BSEd program meets the requirements of the Education and Standards and Practices Board of North Dakota for a K-12 health and physical education teaching license.

Bachelor of Science in Education with a Major in Health and Physical Education

The BSEd program meets the requirements of the Education and Standards and Practices Board of North Dakota for a K-12 physical education and health education teaching license.

Refer to Teacher Education Policies and Procedures (<http://catalog.minotstateu.edu/undergraduate/teachereducationpoliciesandprocedures/>) of the catalog for details regarding Teacher Licensure Programs at Minot State University. These pages explain the admission, retention, and exit requirements of the program.

General Education

38

General Education courses required for the major

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| BIOL 115 or BIOL 220 | Concepts of Anatomy and Physiology Anatomy and Physiology I | |
| SOC 110 | Introduction to Sociology | |
| PSY 111 | Introduction to Psychology | |
| Coursework not requiring admission to Teacher Licensure Programs | | |
| ATR 207 | Prevention and Care of Injuries | 2 |
| ESR 226 | Methods of Teaching Group Exercise | 2 |
| ESR 227 | Strength and Conditioning Programming Principles and Methods | 2 |
| KIN 100 | Concepts of Fitness and Wellness | 2 |
| KIN 107 | Introduction to Health and Physical Education | 2 |
| KIN 120 | Strength Training | 1 |
| KIN 126 | Group Exercise | 1 |
| KIN 215 | Methods of Teaching Sport Activities | 2 |
| KIN 216 | Methods of Teaching Lifetime Activities and Outdoor Pursuits | 2 |
| HMS 203 | Health Care Through the Life Span | 3 |
| KIN 301 | Psychomotor Development and Learning | 3 |
| KIN 315 | Curriculum, Assessment, and Technology in Health and Physical Education | 3 |
| KIN 334 or HMS 240 | Nutrition for Physical Performance Nutrition | 2-3 |
| KIN 340 | Elementary Physical Education Methods and Activities | 2 |
| KIN 365 | Human Sexuality for School Education | 3 |
| KIN 431 or KIN 433 or ESR 308 | Kinesiology Physiology of Exercise Biomechanics | 2-3 |
| KIN 442 | Adapted Physical Education | 3 |
| HMS 151 | Stress Management | 2 |
| MHA 344 or SOC 420 | Dynamics of Addiction Drugs and Society | 3 |
| Professional Education Sequence (admission to Teacher Licensure Programs not required) | | |
| ED 260 | Educational Psychology | 3 |
| ED 260L | Clinical I | 0 |
| ED 282 | Managing the Learning Environment | 2 |
| ED 282L | Clinical II | 0.5 |
| ED 284 | Teaching Diverse Learners | 2 |
| ED 284L | Clinical III | 0.5 |
| ED 287 | Early-Level Transition Point Conference | 0 |
| ED 320 | Curriculum, Planning, and Assessment I | 2 |
| ED 321L | Clinical IV | 0.5 |

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| ED 323L | Clinical V | 0.5 |
| ED 324L | Fall Experience | 0 |
| ED 380 | Technology in Teaching | 2 |
| ED 407 | Mid-Level Transition Point Conference | 0 |
| HIST 283 | Diversity in America | 3 |
| SPED 110 | Introduction to Exceptional Children | 3 |
| Professional Education Sequence (admission to Teacher Licensure Programs required) | | |
| ED 322 | Data Driven Integrated Instruction | 2 |
| ED 484 | Student Teaching Seminar: K12 | 2 |
| or ED 482 | Student Teaching Seminar | |
| or ED 483 | Student Teaching Seminar: Secondary | |
| ED 494 | Student Teaching K-12 | 14 |
| Department Specific Courses (admission to Teacher Licensure Programs required) | | |
| Students are also required to obtain and present proof of CPR certification. | | |
| KIN 341 | Practicum for Elementary Physical Education | 3 |
| KIN 391 | Secondary Physical Education Methods and Practicum | 4 |
| KIN 362 | Principles and Methods of Teaching School Health | 3 |
| Total Hours | | 127-129 |

¹ Refer to Teacher Education Policies and Procedures (<http://catalog.minotstateu.edu/undergraduate/teachereducationpoliciesandprocedures/>).

Physical Education Minor

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|------------------------------|--|-----|
| ESR 226 | Methods of Teaching Group Exercise | 2 |
| KIN 107 | Introduction to Health and Physical Education | 2 |
| KIN 210 | First Aid and CPR | 1 |
| KIN 215 | Methods of Teaching Sport Activities | 2 |
| KIN 220 | Methods of Teaching Dance | 2 |
| KIN 301 | Psychomotor Development | 2 |
| KIN 334 | Nutrition for Physical Performance | 2 |
| Select one of the following: | | 3-4 |
| KIN 340 | Elementary Physical Education Methods and Activities | |
| KIN 391 | Secondary Physical Education Methods and Practicum | |
| KIN 431 | Kinesiology | |
| KIN 433 | Physiology of Exercise | |
| KIN 441 | Evaluation of Psychomotor Performance | |
| KIN 442 | Adapted Physical Education | |

NOTE: Those adding a Physical Education minor as a teaching minor must complete KIN 340 Elementary Physical Education Methods and Activities or KIN 391 Secondary Physical Education Methods and Practicum, whichever is commensurate with the licensing level of their major, and must earn a grade of C or better. Those not adding this to a teaching major may select any of the six choices available for selection.

Coaching Minor

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|---|---|----------|
| ATR 207 | Prevention and Care of Injuries | 2 |
| ATR 208 | Taping and Bracing | 2 |
| KIN 210 | First Aid and CPR | 1 |
| ESR 226 | Methods of Teaching Group Exercise | 2 |
| KIN 300 | Principles of Coaching Methods | 2 |
| KIN 407 | Psychology of Physical Education and Athletes | 2 |
| KIN 431 | Kinesiology | 3 |
| KIN 433 | Physiology of Exercise | 3 |
| KIN 496 | Coaching Activities Practicum | 2 |
| Select two credits of the following: | | 2 |

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| KIN 111 | Varsity Football | |
| KIN 106 | Varsity Soccer | |
| KIN 128 | Varsity Hockey | |
| KIN 131 | Varsity Wrestling | |
| KIN 112 | Varsity Basketball | |
| KIN 113 | Varsity Track & Field | |
| KIN 115 | Varsity Golf | |
| KIN 116 | Varsity Cross Country | |
| KIN 117 | Varsity Volleyball | |
| KIN 118 | Varsity Cheerleading | |
| KIN 119 | Varsity Softball | |
| KIN 121 | Varsity Baseball | |
| KIN 215 | Methods of Teaching Sport Activities | |

Total Hours**21****Health Education Minor****Required Support Courses**

| | | |
|---------|----------------------------|---|
| PSY 111 | Introduction to Psychology | 3 |
| SOC 110 | Introduction to Sociology | 3 |

Required Core

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|-------------|------------------------------------|-----|
| KIN 100 | Concepts of Fitness and Wellness | 2 |
| BIOL 115 | Concepts of Anatomy and Physiology | 4 |
| or BIOL 220 | Anatomy and Physiology I | |
| HMS 203 | Health Care Through the Life Span | 3 |
| KIN 334 | Nutrition for Physical Performance | 2-3 |
| or HMS 240 | Nutrition | |
| SOC 420 | Drugs and Society | 3 |
| or MHA 344 | Dynamics of Addiction | |
| HMS 151 | Stress Management | 2 |

Required Methods Course

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| KIN 362 | Principles and Methods of Teaching School Health | 3 |
| or ED 451 | Middle School Teaching Strategies | |

Electives (minimum 6 credits)**6**

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| ATR 207 | Prevention and Care of Injuries | |
| ESR 206 | Medical Conditions | |
| ESR 306 | Health Risk Appraisal | |
| HMS 243 | Pathophysiology | |
| KIN 360 | Administration of School Health Programs | |
| KIN 361 | Vital Health Issues | |
| SOC 381 | Sociology of Health and Illness | |
| MHA 349 | Psychopharmacology | |
| SWK 225 | Self-Care for the Helping Professions | |
| SWK 250 | Interpersonal Skills | |
| SOC 269 | Culture and Sexuality | |
| KIN 433 | Physiology of Exercise | |

Additional Requirements

CPR and First Aid Certification

PRAXIS II: Health Education test #5551 required if teaching in schools

Driver and Traffic Safety Concentration

This program is the only Driver and Traffic Safety program in the state and is one of a very few in the region. Several states have indicated they would recognize this concentration in certifying teachers as driver education instructors. Requirements for this credential would be:

1. A valid teaching license or eligibility for one.
2. Completion of the following courses:

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| DTS 230 | Driver and Traffic Safety Education | 3 |
| DTS 260 | Teenage Driving Behavior Problems | 2 |
| DTS 350 | Advanced Driving | 3 |
| DTS 450 | Organization and Administration of Safety Education | 2 |
| Total Hours | | 10 |

These courses meet the North Dakota ESPB requirements for a minor equivalency.