SECONDARY TEACHING MAJOR
Health Education prepares you as a health educator within secondary school systems. Courses in nutrition, biology, human sexuality, drug education, health issues and diseases, and typical student health problems help prepare you to teach health courses and to initiate health programs with school systems. The curriculum in health seeks to enhance your knowledge in the health services, health in the environment and health instruction in the public schools. The curriculum blends basic health information with the application of this knowledge to the community/classroom environment. A degree in this field typically leads students to a secondary health education teaching position in the public schools.

STUDENT TEACHING
As a Secondary Health Education major you are placed into schools for a series of field experiences including Introduction to Education (40 hours); Practicum (7 hours); Culturally Diverse Practicum (25 hours involving 3 consecutive full days in a classroom), and a twelve-week student teaching field experience completed in a location that works well for the student and university. Student teaching is the culminating experience of the program and the opportunity for students to apply all they have learned regarding their classroom preparation and field experience opportunities.

TEACHER EDUCATION REQUIREMENTS
You are typically admitted into Teacher Education during your sophomore year or beginning of your junior year of college. Criteria for Admission to Teacher Education can be found at the following website: www.vcsu.edu/undergrad_ed/

FACILITIES
The W.E. Osmon Fieldhouse for Physical Education includes a gymnasium, weight room, training room, racquetball courts and classrooms. Graichen Gym includes a gymnasium, new fitness facilities, and classrooms. Outdoor facilities include a football field, all-weather track, tennis courts, basketball courts, softball diamonds, intramural fields, swimming pool, soccer field, and a football practice field.

LEARNING ACTIVITIES
• Creation of a video of a public school practicum teaching experience

TECHNOLOGY
• Notebook computers with DVD burners and multimedia capabilities
• Digital cameras, video cameras, and other peripherals
• Blackboard online learning environments
• Hydrostatic body composition Lactate Analysis
• Heart rate monitors, pedometers, & fat loss monitors

CAREER SERVICES PROVIDES
• Career, job search, placement services free to all students
• Field trips, employer on-campus visits
• Information, networking opportunities and skill development
• Visit www.vcsu.edu/careerservices/
Health Education

MAJOR
Health Education prepares you as a health educator within secondary school systems. Courses in nutrition, Biology, human sexuality, drug education, health issues and diseases, and typical student health problems help prepare you to teach health courses. The curriculum in health seeks to enhance your knowledge in the health services, health in the environment and health instruction in the public schools. The curriculum blends basic health information with the application of this knowledge to the community/classroom environment.

The health education major prepares the teaching candidate for a position in the public school systems. The licensed health education graduate is qualified to teach students from the seventh through the twelfth grades.

LEARNING OUTCOMES
1. Perform as an effective communicator to apply health education content to a healthy lifestyle.
2. Exhibit problem-solving abilities as a teacher in the health education classroom.
3. Demonstrate the ability to work together to achieve a common goal in health education instruction.
4. Show the ability to utilize various technologies in health education instruction.

ABILITIES
Communication To convey thoughts, ideas, data, information, and messages effectively.
Problem Solving To select and use appropriate and effective approaches and tools in solving a wide variety of problems.
Collaboration To work together to reach a common goal.
Technology Use technological tools and processes to improve learning, productivity, and/or performance.

For degree and graduation requirements see pages 39-40.

General Education Requirements 39 Hours
Communication & Collaboration 9 Hrs
ENGL 110 College Composition I
ENGL 120 College Composition II
or ENGL 125 Intro to Professional Wrtg
COMM 110 Fund of Public Speaking
or COMM 212 Interpersonal Comm
or COMM 216 Intercultural Comm

Problem Solving 11 Hrs
Mathematics - 3 crs (Select one course)
MATH 103 College Algebra
MATH 104 Finite Mathematics
MATH 107 Precalculus
MATH 165 Calculus I
Lab Science - 8 crs (Select two courses)
BIOL 111 Concepts of Biology or higher*
CHEM 115, 116, 121, 122
GEOL 100, 106
PHYS 100, 110, 161, 162, 251, 252
TECH 161

Technology (Select one course) 3 Hrs
CIS 170 Intro to Computer Info Systems 3
CSCI 127 Intro to Programming in Java 3
CSCI 160 Intro to Structured Programming I 3

Wellness 2 Hrs
HPER 100 Concepts Fitness & Wellness

Aesthetic Engagement 6 Hrs
Literacies - 3 crs (Select one course)
ENGL 220, 225, 241, 242, 261, 262
HUM 201 Civil, Thought, & Lit Heritage
SPAN 201 2nd Yr I; SPAN 202 2nd Yr II
THEA 110 Intro Theatre; THEA 161 Acting I
Art & Music - 3 crs (Select one course)
ART 110 Introduction to Visual Arts
HUM 202 Fine Arts & Aesthetics
MUS 100 Music Appreciation
MUS 101 Music Fundamentals
MUS 207 History of Rock’n’Roll

Global Awareness & Effective Citizen 6 Hrs
(Select two courses)
COMM 112 Under Media; COMM 114 Human;
ECON 201 Prim Micro; ECON 202 Prim Macro
GEOG 151 Human Geog
HIST 103, 104, 211, 212, 260, 267, 270
POLS 115 Amer Gov; POLS 116 State Gov
PSYC 110 Intro Psych
SOC 110 Intro to Soc; SOC 111 Intro Anthro

Additional General Education 2 Hrs
Select one additional course from the area of
Aesthetic Engagement or Global Awareness or
ART 112 (3), ART 231 (3), ART 281 (3), GEOG 111 (2), MUS 104 (1), MUS 105 (1), MUS 131 (1), MUS 141 (1), PHYS 275 (1), THEA 201 (1-3)
*Required

Required Courses 33-35 Hours
BIOL 220 Human Anat & Physiology ^ 4
BIOL 221 Human Anat & Physiology ^ 4
HPER 209 Sport Nutrition Concepts 3
HPER 210 First Aid & CPR 1
HPER 300 Drug Education & Information 2
HPER 315 Elements of Health 3
HPER 380 Human Sexuality 3
HPER 400 Current Issues in Comm Hlth 2
HPER 410 Admin of Hlth, PE, & Athletics 2
HPER 490 Meth, Curric & Assess of HPE 4
HPER 491 Senior Portfolio 1
PSYC 410 Mental Health 3
SOC 220 The Family 3

^Students with a double major in Health and Physical Education may substitute HPER 258/259 for BIOL 220/221

Directed Electives 6 Hrs
BIOL 310 Microbiology 4
BIOL 315 Genetics 4
HPER 207 Prevent & Care of Ath Injur 2
HPER 385 Intro to Adapted PE 3
HPER 485 Assessment in Adapted PE 3
MATH 321 Probability & Statistics 3
PSYC 370 Abnormal Psychology 3
SOC 385 Intro to Gerontology 3

Professional Education Sequence 31-32 Hrs
EDUC 240 Educating Exceptional Stdsnts 2
EDUC 250 Introduction to Education 3
EDUC 283 Understring Cult Div in Educ 3
EDUC 300 Educational Technology 2
EDUC 351 Sec Practicum & Clsrn Mgmt 1
EDUC 352 Culturally Diverse Practicum 1
or EDUC 464 Pract in ELL Classroom 2
EDUC 375 Tchg Rdg in Content Areas 2
EDUC 400 Educational Psychology 2**
EDUC 450 Trends in Assess & Educ Issues 2
EDUC 480 Student Teaching (Sec) 10**
PSYC 250 Developmental Psychology 3

**Courses to be taken the same semester
The same courses may not be used to fulfill requirements in two areas except when the student is graduating with a double major or more than one minor.
Students are required to take HPER 491 Senior Portfolio course. It is highly recommended that you take the course during your junior year. Divisional ability projects must be related to Health and/or Physical Education.

Total General Education 39 Hrs
Total Major Requirement 39-41 Hrs
Total Professional Ed Sequence 31-32 Hrs
Total Credits Needed to Graduate 120 Hrs