MAJOR
Physical Education is primarily designed to prepare you for teaching physical education, grades K-12. The program of study in physical education seeks to develop knowledge about the profession of teaching and to encourage you toward acquiring subject matter knowledge in the field of physical education. The curriculum at VCSU prepares you academically to assume the duties of P.E. teachers in public school settings.

STUDENT TEACHING
As a Physical Education major you are placed into schools for a series of field experiences including Introduction to Education (40 hours); Practicum (80 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 AND RESOURCES
Physical Education classes are taught in two buildings on campus. 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,

LEARNING ACTIVITIES
• Video analysis of golf swing & tennis serve
• Creation of a video of a public school practicum teaching experience
• Creation of a video of an original Team Building Activity
• New activities in HPER 360 & 361 include: Takraw, Eclipseball, Trangleball, Speedminton, Maupball, & creation of an original line dance

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
• Information, networking opportunities and skill development
• Visit www.vcsu.edu/careerservices/
Physical Education K-12

MAJOR
Physical Education is primarily designed to prepare you for teaching physical education, grades K-12. The program of study in physical education seeks to develop knowledge about the profession of teaching and to encourage you toward acquiring subject matter knowledge in the field of physical education. The curriculum at VCSU prepares you academically to assume the duties of P.E. teachers in public school settings. The physical education major prepares the teaching candidate for a position in the public school systems. The physical education licensed graduate is qualified to teach students from the kindergarten through the twelfth grades.

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

Department Chair
Diane Burr, M.S./A.T.C.
Graichen Gymnasium 002
(701) 845-7242

General Education Requirements 39 Hours
Communication & Collaboration
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 (select two courses) 8 Hrs
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 3 Hrs
CIS 170 Intro to Computer Info Systems
CSCI 127 Intro to Programming in Java
CSCI 160 Intro to Structured Program I

Wellness 2 Hrs
HPER 100 Concepts Fitness & Wellness

Aesthetic Engagement 6 Hrs
Literals - 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 Citizenship 6 Hrs
(Select two courses)
COMM 112 Under Media; COMM 114 Human;
ECON 201 Prin Micro; ECON 202 Prin Macro
GEOG 151 Human Geog
HIST 103, 104, 211, 212, 260, 267, 270
POLS 115 Amer Gov; POLS 116 State Gov
PSYC 111 Intro Psyic
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

Specified Courses 41 Hours
HPER 109 Exercise Tech and
Program Design
HPER 207 Prevent & Care of Athletic Inj
HPER 208 Introduction to Physical Educ
HPER 210 First Aid & CPR
HPER 220 Pract Appl of Fitness Educ
HPER 258 Appl Anat/Phys/Hum Perform
HPER 259 Appl Anat/Phys/Hum Perform
HPER 325 PE in the Elementary Grades
HPER 360 Inst & Org of Ind/Dual Activities
HPER 361 Inst & Org of Team Activities
HPER 385 Assessment in Physical Education
HPER 390 Fitness Assessmnt & Prescript
HPER 410 Admin of Hlth, PE, & Athl
HPER 485 Assessment in Adapted Phys Educ
HPER 490 Meth, Curric & Asses of HPE
HPER 491 Senior Portfolio

Swimming Requirement: The student majoring in Physical Education is required to pass a proficiency test in swimming. This test is given during the final exam week of each semester.

Professional Education Sequence 31-32 Hrs
EDUC 240 Educating Exceptional Stdnts
EDUC 250 Introduction to Education
EDUC 283 Understndng Cult Div in Educ
EDUC 300 Educational Technology
EDUC 351 Sec Practicum & Clsrn Mngt
EDUC 352 Culturally Diverse Practicum
or EDUC 464 Pract in ELL Classroom
EDUC 375 Tchg Rdg in Content Areas
EDUC 400 Educational Psychology
EDUC 450 Trends in Assess & Educ Issues
EDUC 480 Student Teaching (Sec)

**Courses to be taken the same semester
**Students seeking K-12 certification
will be placed in an Elementary and
Secondary classroom setting

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

www.vcsu.edu • 800-532-8641 • 101 College Street SW • Valley City, ND 58072