

## HEALTH AND PHYSICAL EDUCATION BS

### Health and Physical Education

*College of Allied Health & Nursing*

This major is a joint program offered by the Departments of Health Science and Human Performance that meets Professional Educator Licensing and Standards Board (PELSB) requirements for licensure in both Health Education and Physical Education.

#### Department of Health Science

213 Highland Center N • 507-389-1527

Website: [www.mnsu.edu/dept/health/](http://www.mnsu.edu/dept/health/)

Chair: Marlene K. Tappe

Faculty: Autumn Hamilton, Amy Hedman, Dawn Larsen, Jennifer Londgren, Judith Luebke, Marge Murray-Davis, Thad Shunkwiler, Marlene Tappe, Joseph Visser, Mark Windschitl

#### Department of Human Performance

1400 Highland Center • 507-389-6313

Website: [ahn.mnsu.edu/hp/](http://ahn.mnsu.edu/hp/)

Chair: Lynnette M. Engeswick

Program Coordinators: Sue Tarr and Ben Schwamberger

Faculty: Ben Schwamberger, Sue Tarr

**Academic Map/Degree Plan at [www.mnsu.edu/programs/#All](http://www.mnsu.edu/programs/#All)**

#### POLICIES/INFORMATION

Students planning to major in the College of Allied Health and Nursing have an advisor from their area of interest assigned to them. Questions and concerns pertaining to advising and the assignment of advisors can be answered by Shirley Murray, Student Relations Coordinator, 507-389-5194, with office located in 124 Myers Field House.

#### HEALTH AND PHYSICAL EDUCATION BS

Degree completion = 120 credits

The Health (5-12) and Physical Education (K-12) teaching program meets national and state standards for the preparation of school health educators and physical educators. This program prepares future teachers for what they should know and be able to do in order to help their students develop health-related knowledge and skill to engage in healthy behaviors including life-long physical activity. This major is a joint program offered by the Departments of Health Science and Human Performance that meets Professional Educator Licensing and Standards Board (PELSB) requirements for licensure in both Health Education and Physical Education.

**Admission Requirements.** Please see the admission requirements specific to each of the undergraduate programs offered by the Department of Health Science

#### Academic Requirements.

**Grade Policy.** The Department of Health Science requires students in Alcohol and Drug Studies, to earn a "C-" or better in all required general education, required, and elective courses in the major. Students in Community Health Education, Health and Physical Education, and School Health Education are required to earn a "C-" or better in all required general education (except Chemistry), required major courses (except Human Anatomy), and elective courses in these majors. The department also requires students in the Alcohol and Drug Studies and Health Science minors to earn a "C-" or better in all core and elective courses in the minors.

**Minimum G.P.A. Policy.** The Department of Health Science requires students in Alcohol and Drug Studies, Community Health Education, Health and Physical Education, and School Health Education to maintain a G.P.A. of 2.5 or better in the major (required general education, required, and elective courses in a major). A G.P.A. of 2.5 in the major is required for graduation in Alcohol and Drug Studies, Community Health Education, Health and Physical Education, and School Health Education.

**P/N Grading Policy.** All required general education, required, and elective courses must be taken for grade except HLTH 495, HLTH 496, and HLTH 497.

**Academic Integrity Policy.** The Department of Health Science values and supports an environment conducive to learning as well as academic integrity. Therefore, students are expected to comply with Minnesota State Mankato student responsibilities and policies for academic integrity. Academic integrity includes meeting ones responsibilities in an honest and forthright manner and avoiding acts of dishonesty, plagiarism, cheating, collusion, and/or any other form of academic misconduct. An act of dishonesty, cheating, collusion, and/or any other form of academic misconduct will result in a O on the assessment and a full letter grade deduction from the final course grade (e.g., "A" to "B-"). An act of plagiarism will result in a O on the assessment or assessments and the student will be required to meet with the chair of the Department of Health Science and receive remediation related to plagiarism. Two acts of dishonesty, cheating, collusion, and/or any other form of academic misconduct and/or an act of plagiarism after remediation will result in a final course grade of "F". Evidence related to any act of academic misconduct will be submitted to the Chairperson of the Department of Health Science. Two acts of academic misconduct or a repeated act of plagiarism after remediation in any Health Science course or courses will result in discontinuance from, or eligibility to enroll in, the academic programs offered by the Department of Health Science. Additionally, evidence related to academic misconduct will be submitted, as appropriate, to the Office of Academic Affairs and and/or the College of Education. Please note: Policy reflects minimum departmental standards. Individual instructors may impose more severe sanctions for an act of academic dishonesty within their courses.

#### Required General Education

22 credit hours

CHEM	106	Introduction to Chemistry (for Allied Health) (3)
FCS	140	Introduction to Nutrition (3)
HLTH	101	Health and the Environment (3)
HLTH	240	Drug Education (3)
HP	182	Aquatic Skills (1)
HP	291	Concepts of Fitness (2)
KSP	220W	Human Relations in a Multicultural Society (3)
PSYC	101	Introduction to Psychological Science (4)

#### Prerequisites to the Major

8 credit hours

BIOL	220	Human Anatomy (4)
BIOL	310	Basics of Human Physiology (4)

#### Major Common Core

45 credit hours

HLTH	210	First Aid & CPR (3)
HLTH	311	Family Life & Sex Education (3)
HLTH	320	School Health Education (3)
HLTH	410W	Current Health Issues (3)
HLTH	420W	School Health Methods (3)
HLTH	451	Emotional Health and Stress (3)
HLTH	454	Chronic and Infectious Diseases (3)
HP	202	Introduction to Teaching PE and Health (1)
HP	203	Fundamentals of Indoor and Outdoor Team Sports (2)
HP	204	Fundamentals of Individual and Dual Sports (2)
HP	205	Fundamentals of Rhythm and Dance (2)
HP	348	Structural Kinesiology and Biomechanics (3)
HP	356	Methods of Elementary Physical Education (3)
HP	387	Methods of Secondary Physical Education (3)
HP	411	Developmental/Adapted Physical Education (3)
HP	413	Lifespan Motor Development (2)
HP	414	Physiology of Exercise (3)

#### Other Graduation Requirements

K-12 Education: Refer to the list of required professional education courses. KSP 220W Human Relations in a Multicultural Society is included in the required general education section.

Students in the Health and Physical Education Teaching program are strongly encouraged to consider completing the Developmental Adapted Physical Education Minor as well as the Athletic Coaching Minor offered by the Department of Human Performance.

#### COURSE DESCRIPTIONS LOCATED UNDER HEALTH SCIENCE (HLTH) AND HUMAN PERFORMANCE (HP) COURSE DESCRIPTIONS