

# HEALTH AND PHYSICAL EDUCATION MAJOR (B.S.)

<https://chhs.unh.edu/kinesiology/program/bs/health-physical-education-major>

## Description

The health and physical education (HPE) major provides a foundation for teaching through a four-year program (BS), or the UNH Department of Education fifth-year program leading to a masters of arts in teaching (MAT). Graduates become certified to teach kindergarten through grade 12 (K-12) health and physical education in the state of New Hampshire. This licensure is transferable to all other states in the U.S. Extensive supervised practicum experiences that provide teaching skills, including adaptive physical education programming, offers an excellent foundation for preparing high-quality teachers. The combination of health with physical education and adaptive physical education makes graduates highly marketable.

Internal UNH undergraduate transfer candidates must have a minimum GPA of 2.67 before admission to the major. The coursework for students choosing the four-year or five-year path to teaching certification is exactly the same until the final semester of the undergraduate program. The culminating experience for students in the four-year teaching program is student teaching (EDUC 694D/HPE 694 Supervised Teaching in Health and Physical Education). Students choosing to do the fifth-year program complete a year-long internship, in lieu of student teaching. Students also have the option of completing a concentration in adapted physical education through additional coursework designed to enhance teaching strategies and the programmatic needs of students with disabilities.

Admission to the fifth year program requires a minimum GPA of 3.0. Students admitted early to the masters program (required GPA of 3.2 or greater) are eligible for dual credit at the undergraduate/graduate levels for up to 12 credit hours. This enables undergraduates to begin the masters program in their junior or senior year. For questions about the program, contact the undergraduate program coordinator, Holly Alperin at (603) 862-1211, or [Holly.Alperin@unh.edu](mailto:Holly.Alperin@unh.edu).

## Requirements

### Major Requirements

Code	Title	Credits
BMS 507	Human Anatomy and Physiology I	4
BMS 508	Human Anatomy and Physiology II	4
EDUC 605	Educational Perspectives in Critical Times	4
EXSC 620	Physiology of Exercise	4
HDFS 746	Human Sexuality	4
HPE 500	Introduction to Health and Physical Education	2
HPE 570	Elementary Physical Education Practicum	4
HPE 600	Movement and Gymnastics Exploration	4
HPE 601	Lifetime Sports	3
HPE 603	Team Sports	3
HPE 610	Elementary Physical Education Pedagogy	4
HPE 648	Current Issues in Teaching Health	4
HPE 655	Middle School and Secondary Physical Education Pedagogy	4
HPE 653B	Biomechanics of Human Movement	2
HPE 671	Health Education Pedagogy	4
HPE 675	Motor Development and Learning	4
HPE 676	Adventure Activities	3

HPE 702	Health Content and Youth Risk Behavior	4
HPE 712	Health Education Practicum	4
HPE 781	Inclusion in Physical Education	4
KIN 501	First Aid: Responding to Emergencies	1
NUTR 400	Nutrition in Health and Well Being	4
PSYC 402	Statistics in Psychology	4
or SOC 402	Statistics	
or HHS 540	Statistics for Health and Human Service Professionals	
<b>Senior Capstone Experience</b>		
HPE 766	Middle School and Secondary Physical Education Practicum	4
<b>Total Credits</b>		<b>86</b>

## Degree Plan

### Recommended Major Sequencing of Courses

This list only includes major classes. Students should be registered for, and taking an average of 16 credits per semester to be 'on track' to graduate in 4 years. In most semesters, this means a student will be taking Discovery or elective courses to meet this 16 credit 'load'.

Course	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
HPE 500	Introduction to Health and Physical Education	2
HPE 600	Movement and Gymnastics Exploration	4
NUTR 400	Nutrition in Health and Well Being	4
1 or 2 Discovery Course		
<b>Credits</b>		<b>10</b>
<b>Spring</b>		
HPE 603	Team Sports	3
PSYC 402	Statistics in Psychology	4
ENGL 401	First-Year Writing	4
HHS 540	Statistics for Health and Human Service Professionals	4
or PSYC 402	or Statistics in Psychology	
or SOC 402	or Statistics	
1 or 2 Discovery Course		
<b>Credits</b>		<b>15</b>
<b>Second Year</b>		
<b>Fall</b>		
BMS 507	Human Anatomy and Physiology I	4
HPE 610	Elementary Physical Education Pedagogy	4
HPE 648	Current Issues in Teaching Health	4
HPE 675	Motor Development and Learning	4
KIN 501	First Aid: Responding to Emergencies	1
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
BMS 508	Human Anatomy and Physiology II	4
HPE 570	Elementary Physical Education Practicum	4
HPE 601	Lifetime Sports	3
HPE 671	Health Education Pedagogy	4
1 Discovery course		
<b>Credits</b>		<b>15</b>

**Third Year****Fall**

EXSC 620	Physiology of Exercise	4
HPE 653B	Biomechanics of Human Movement	2
HPE 655	Middle School and Secondary Physical Education Pedagogy	4
HPE 702	Health Content and Youth Risk Behavior	4
1 Discovery course		
<b>Credits</b>		<b>14</b>

**Spring**

HDFS 746	Human Sexuality	4
HPE 676	Adventure Activities	3
HPE 712	Health Education Practicum	4
HPE 781	Inclusion in Physical Education	4
<b>Credits</b>		<b>15</b>

**Fourth Year****Fall**

EDUC 605	Educational Perspectives in Critical Times	4
HPE 766	Middle School and Secondary Physical Education Practicum	4
2 Discovery course		
<b>Credits</b>		<b>8</b>

**Spring**

EDUC 694D	Supervised Teaching/Kinesiology	4
HPE 694	Supervised Teaching in Health and Physical Education	6
1 or 2 Discovery Course		
<b>Credits</b>		<b>10</b>

---

**Total Credits** **104**

## Student Learning Outcomes

- Apply sound pedagogical practices that enable effective teaching of health education, physical education, and adapted physical education at all levels.
- Create a learning environment that allows each student to feel safe, challenged and valued by embracing the unique strengths each student brings into the classroom and gymnasium.
- Integrate foundational skills and knowledge from health and physical education disciplines that enhance teaching practices in the classroom and gymnasium.
- Design unit and lesson plans within an overall curriculum for health and physical education that supports the development of students' intellectual, physical, social and emotional well-being.
- Design and implement authentic assessments for health and physical education that will enhance and inform student learning.