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 master of arts in teaching (MAT). Graduates become certified to teach kindergarten through grade 12 (K-12) health education 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 develop teaching skills, including adaptive physical education programming, offer an excellent foundation for preparing high-quality teachers. The combination of health education with physical education and adaptive physical education makes graduates highly marketable.

Fifth Year Program Admission

Admission to the fifth year program for the Master of Arts in Teaching (MAT) requires a minimum GPA of 3.0. Students admitted to the accelerated masters program (required GPA of 3.2 or greater and completion of 90 credits) 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.

Transfer Student Admission

Internal UNH undergraduate transfer students must have a minimum GPA of 2.67. External UNH undergraduate transfer students must have a minimum GPA of 2.75.

For questions about the program, contact the undergraduate program coordinator, Holly Alperin at (603) 862-1211, or Holly.Alperin@unh.edu.

Requirements

Degree Requirements

Minimum Credit Requirement: 128 credits

Minimum Residency Requirement: 32 credits must be taken at UNH

Minimum GPA: 2.0 required for conferral*

Core Curriculum Required: Discovery & Writing Program Requirements

Foreign Language Requirement: No

All Major, Option and Elective Requirements as indicated.

Major GPA requirements as indicated.

Major Requirements

Students must receive a minimum grade of C (2.0) or better in all major-required courses.

Teaching Licensure Program Requirements

In order to ensure full admittance to the teaching licensure program, all students are required to pass Praxis Core (Reading, Writing, Math) or equivalent prior to starting Elementary Practicum (HPE 610). Additionally students must earn a minimum grade of B- or better in the following major-required courses, HPE 570, HPE 675, HPE 781, and EDUC 605.

Culminating Experience

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). Students must maintain a GPA of 2.5 to be eligible to student teach. Students choosing 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. Students must pass a required background check prior to admittance to student teaching.

Sample Degree Plan

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’.

First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HPE 500 Introduction to Health and Physical Education</td>
<td>2</td>
</tr>
<tr>
<td>HPE 600 Movement and Gymnastics Exploration</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 400 Nutrition in Health and Well Being</td>
<td>4</td>
</tr>
</tbody>
</table>

Total Credits: 86
# Health and Physical Education Major (B.S.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 603</td>
<td>3</td>
<td>Team Sports</td>
</tr>
<tr>
<td>ENGL 401</td>
<td>4</td>
<td>First-Year Writing</td>
</tr>
<tr>
<td>HHS 540 or PSYC 402 or SOC 402</td>
<td>4</td>
<td>Statistics for Health and Human Service Professionals or Statistics in Psychology or Statistics</td>
</tr>
</tbody>
</table>

## Credits

- **1 or 2 Discovery Course**: 4-8 Credits

## Second Year

### Fall
- BMS 507: Human Anatomy and Physiology I: 4 Credits
- HPE 610: Elementary Physical Education Pedagogy: 4 Credits
- HPE 648: Current Issues in Teaching Health: 4 Credits
- HPE 675: Motor Development and Learning: 4 Credits

### Spring
- KIN 501: First Aid: Responding to Emergencies: 1 Credit
- BMS 508: Human Anatomy and Physiology II: 4 Credits
- HPE 570: Elementary Physical Education Practicum: 4 Credits
- HPE 601: Lifetime Sports: 3 Credits
- HPE 671: Health Education Pedagogy: 4 Credits

### Credits

- **4 Credits**

## Third Year

### Fall
- EXSC 620: Physiology of Exercise: 4 Credits
- HPE 653B: Biomechanics of Human Movement: 2 Credits
- HPE 655: Middle School and Secondary Physical Education Pedagogy: 4 Credits
- HPE 702: Health Content and Youth Risk Behavior: 4 Credits

### Spring
- HDFS 746: Human Sexuality: 4 Credits
- HPE 676: Adventure Activities: 3 Credits
- HPE 712: Health Education Practicum: 4 Credits
- HPE 781: Introduction to Adapted Physical Education: 4 Credits

### Credits

- **18 Credits**

## Fourth Year

### Fall
- EDUC 605: Educational Perspectives in Critical Times: 4 Credits
- HPE 766: Middle School and Secondary Physical Education Practicum: 4 Credits

### Spring
- EDUC 694D: Supervised Teaching/Kinesiology: 4 Credits
- HPE 694: Supervised Teaching in Health and Physical Education: 6 Credits

### Credits

- **16 Credits**

**Total Credits**: 128-136

### 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 education and physical education disciplines that enhance teaching practices in the classroom and gymnasium.
- Design unit and lesson plans within an overall curriculum for health education and physical education that supports the development of students’ intellectual, physical, social and emotional well-being.
- Design and implement authentic assessments for health education and physical education that will enhance and inform student learning.