



# Health Education, B.S. *major*

## (Teacher Licensure)

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Required Credits: 70  
 Required GPA: 2.50

### I REQUIRED COURSES

Select 1 of the following courses:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1400 Cellular Principles (4 credits)

Complete the following courses:

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 4206 Secondary School Health (2 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)

Complete the following course:

- HLTH 4920 Directed Group Study: Health Seminar (1 credit)

Complete the following course:

- HLTH 4870 Practicum in Health Teaching (1 credit)

### REQUIRED PROFESSIONAL EDUCATION COURSES

Complete the following courses with a minimum 2.50 GPA:

- ED 3100 Introduction to the Foundations of Public School Education (3 credits)
- ED 3110 Educational Psychology (3 credits)
- ED 3140 Human Relations In Education (3 credits)
- ED 3350 Pedagogy: Planning for Instruction (3 credits)
- ED 3780 Adaptation and Management: Designing the Learning Environment (3 credits)
- ED 4737 Content Area Reading (3 credits)
- ED 4799 The Professional Teacher (1 credit)

Complete the following course:

- HLTH 3400 Health and Drugs in Society (2 credits)

Complete 12 credits of student teaching:

- ED 4830 Student Teaching - Secondary (1-12 credits)

### Program Learning Outcomes | Health Education, B.S. (Teacher Licensure)

1. Prevent Accidents and Reduce the Risk: A teacher of health understands behaviors and factors that prevent or reduce the risk of accidents, sudden illness, and violent injuries; including prevention or reducing the risk of tobacco use, or

alcohol and other drug abuse.

2. Philosophy of Health Promotion: A teacher of health understands concepts related to health promotion and disease prevention including: the need for and role of a philosophy of health, health education, and health promotion.

3. Individual Responsibility: A teacher of health understands health-enhancing behaviors that reduce health risks including: the importance of individual responsibility for health.

4. Effects of Media on Behavior: A teacher of health understands the effects of advertising, media, technology, and social norms on health behaviors.

5. A teacher of health understands how to use interpersonal skills to enhance health including: Models and strategies for teaching communication skills for expressing needs, wants and feelings, communication, care, consideration, and respect for self and others; conflict resolution, and refusal skills.

6. A teacher of health demonstrates an understanding of the teaching of health that integrates: Understand and apply research base for and the best practices of middle and high school education.

7. Health Pedagogy: A teacher of health demonstrates an understanding of the teaching of health pedagogy, students, learning, classroom management, and professional development.

### Suggested Semester Schedule | Health Education, B.S. (Teacher Licensure)

The following is a list of required Health Education Major, B.S. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

Freshman

- BIOL1110  
or BIOL1400
- HLTH2100
- Core Curriculum requirements

Sophomore

- BIOL1111
- HLTH3150
- HLTH3200
- Complete Core Curriculum requirements
- Take the Minnesota Teacher Licensure Exam (MTLE) Basic Skills test

Junior

- Begin Professional Education Standards of Effective Practice (SEP) courses
- HLTH3300
- PHED3300
- HLTH3500
- HLTH3710
- HLTH4206
- HLTH4970

Senior

- HLTH4410
- HLTH4920
- PHED4309
- Complete Professional Education Standards of Effective Practice (SEP) courses
- Student teaching