

Bachelor of Science: Physical Education & Health Teaching

The Physical Education & Health Teaching major will lead to Minnesota licensure in K-12 Physical Education, K-12 Developmental Adapted Physical Education, and 5-12 Health.

Course	Title	Credits	Sem.
LEP/MnTC Courses Required for Admission to Teacher Preparation Program			
COMM XXX	Any Goal 1 COMM with COMM prefix <i>(Minimum grade of C or better required for admission to TPP)</i>	3	B, Su
ENG 151 or ENG 251	Academic Writing Writing in Professions <i>(Minimum grade of C or better required for admission to TPP)</i>	3-4	B, Su
MATH XXX	Any Goal 4 MATH with MATH prefix <i>(Minimum grade of C or better required for admission to TPP)</i>	3-5	B, Su
Standards of Effective Practice			
ED 101	Introduction to Education & Lab	3	B
ED 102	Educational Technology	2	B, Su
ED 251	Child and Adolescent Growth and Development	3	F, Su
SPED 290	Introduction to Special Needs & Lab	3	B
ED 312	Human Relations for Teachers and Diversity in Education	3	B, Su
TESL 431	Foundations of Teaching Multilingual Learners	3	B
ED 301	Inclusive Learning Environments	3	F
ED 304	Pre-Student Teaching Experience for Secondary Educators <i>*Pre-Requisite ED 301</i>	3	S
Discipline Methods Courses			
ED 430	Reading in the Content Areas	2	S
PE 220	Curriculum & Instruction in Physical Education	2	S
PE 401	K-12 Physical Education Methods & Lab	3	F
PE 481	Adapted Physical Education Methods & Lab	3	so
HLTH 492	Organization & Application of Health Education: 5-12	3	so
Required Content Classes			
HLTH 100	Personal Health and Wellness	2	S
HLTH 340	School Health & Human Sexuality	2	fe
HLTH 370	Community Health & Health Promotion	2	fo
PE 122	Lifetime Activities I	3	F
PE 123	Lifetime Activities II	3	S
PE 144	Golf	1	F
PE 210	Introduction to Adapted PE & LAB	3	se
PE 305	Applied Motor Learning & Development <i>*Pre-Requisite: Must have earned 30 credits</i>	2	S
PE 335	Theory of Coaching/Teaching Strength & Conditioning	2	B
PE 387	Rhythm and Dance Fundamentals	1	S
SPED 470	Collaboration in Educational Settings	3	B, Su
Student Teaching & Practicum			
ED 466	K-12 Student Teaching	12	B
PE 498	Adapted Practicum	3	B
ED 473	Teacher Licensure	0	B
Degree & Major Requirements			
	LEP/MnTC requirements (not all listed here)	45	
	Physical Education & Health Teaching requirements	75	
	Total credits required	120	

Courses in the shaded area can be taken prior to admission to the Teacher Preparation Program

Courses not in the shaded areas require admission to the Teacher Preparation Program

F= Fall S= Spring B= Both F&S Su= Summer fo= fall odd so= spring odd fe= fall even se= spring even

*Completion of HLTH 110 First Aid & Safety/CPR OR completion of a First Aid & Safety/CPR training is required for licensure.

*HLTH 110	First Aid & Safety/CPR OR Current First Aid & Safety Card	2	B, Su
-----------	---	---	-------

This information is provided for advising. Official curriculum is published in the SMSU academic catalog: www.SMSU.edu/catalog/
Students should refer to the online catalog or their DARS report for current curriculum. **This advising guide was updated: 7/7/2025**

Course	Hours Required	Grade Band Required
Ed 101: Introduction to Education and Lab	20	K-12 General Education
SPED 290: Introduction to Special Needs and Lab	15	K-12 Special Education
TESL 431: Foundations of Teaching Multilingual Learners and Lab	15	K-12 with 10% of class being Multilingual Learners
PE 401 K-12 Physical Education Methods and Lab	15	K-12 Physical Education

This information is provided for advising. Official curriculum is published in the SMSU academic catalog: www.SMSU.edu/catalog/
Students should refer to the online catalog or their DARS report for current curriculum. **This advising guide was updated: 7/7/2025**

PE 481 Adapted Physical Education Methods and Lab	15	K-12 Physical Education
PE 210 Introduction to Adapted PE and Lab	15	K-12 Physical Education
ED 304 Pre Student Teaching Experience for Secondary Educators	80 Hours (2 Consecutive Week Experience)	K-12 Physical Education
ED 466: K-12 Student Teaching	12 Weeks	K-12 Physical Education