

# Majoring in . . . .

## Health & Physical Education

### Description of Health and Physical Education Teacher Education

#### What is health and physical education teacher education?

Health and physical education teachers help young people to develop the fitness, motor, personal and social skills needed to maintain a lifestyle that enhances health and fitness over the lifespan.

#### What do health and physical education teacher education students study?

The teacher education program in health and physical education emphasizes the development of reflective thinking and problem-solving skills. Students develop into reflective practitioners through a combination of theoretical course work and early and sequential field experiences. During their four years, students receive extensive experience interacting with students in both urban and suburban schools.

#### What skills are important for teaching health and physical education?

Health and physical education teacher education students should:

- Value physical activity;
- Be energetic;
- Enjoy helping others learn skills;
- Communicate effectively;
- Be willing to serve as a role model of personal fitness and skill;
- Commit to advocating for the provision of resources needed to promote and maintain healthy behaviors ;and
- Possess skill in group process and communication

## Course Requirements

**General education:** Thirty-one credit hours of general education courses are required. These courses provide a broad range of knowledge in math, writing, arts, history, humanities and human behavior.

**Allied professional core:** This core includes human anatomy, human physiology and education courses.

**Professional core:** Students complete 49 credit hours in courses such as:

- History and philosophy of health and physical education
- Methods & curriculum in physical education
- Movement education
- Elementary physical education for physical education teachers
- Psychosocial aspects of sport & physical activity
- Nutrition
- Trends in modern diseases
- Adapted physical activity
- Motor learning and performance

**Health and physical education teacher education activity courses:** Students complete 12 credit hours of courses that emphasize methods for teaching in courses such as:

- Strength, endurance and flexibility training
- Individual sports and lifelong leisure activity
- Team sports
- Wilderness education

**Field experiences:** Students complete 15 credit hours that include student teaching experiences.

## **Entrance Requirements**

Incoming freshmen students may declare this program upon acceptance to the university. A 2.0 GPA is required for students who want to change to health and physical education teacher education.

## **Careers in Health and Physical Education Teacher Education**

Students who complete this degree concentration along with certification requirements teach health and physical education at the elementary, middle and high school levels, and are eligible for teacher licensure in Virginia as well as in 44 other states.

**Certification requirements:** For Virginia licensure, students must pass the Praxis I and Praxis II.

Many students who teach health and physical education enjoy supplementing their salaries by coaching interscholastic sports in their schools. Some pursue positions as athletic directors.

## **Post Graduate Study with a Degree in Health and Physical Education Teacher Education**

Graduates from this program often pursue further study in order to enhance their knowledge and expertise, increase their salary, or pursue teaching positions in a college or university setting.

## **Next Steps**

If you are interested in learning more about the health and physical education teacher education program at VCU, consider doing each of the following things. Check them off as you complete each step.

- Check out the VCU School of Education webpage.
- Read about the health and physical education teacher education program in the *Undergraduate Bulletin*.
- Review the health and physical education teacher education graduation worksheet with an academic advisor.
- Talk to one or more upper-level health and physical education teacher education students about their major.
- Go to the Career Center to read about

careers in teaching health and physical education.

- Observe health and physical education teachers in various school settings.
- Volunteer to assist a school coach during their sport season.
- Check out the <http://www.pecentral.org> to learn more about what health and physical education teachers do.

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