Minnesota State University, Mankato
Health Science Department: Health and Physical Education

General Education (Minimum of 40 Hours)
Required to take 40 credits in General education courses in 11 Goal Areas for graduation.

- 1A English Composition (3): ___________________
- 1B Speech Oral Reasoning (3): __________________
- 2 Critical Thinking (3): HLTH 212: Consumer Health (3)
- 3 Natural Science, 1st Discipline (4): FCS 140: Intro to Nutrition (3)
- 3 Natural Science-Lab, 2nd Discipline (3): CHEM 106 (3)
- 4 Mathematical/Logical Reasoning (3): __________________
- 5 History Social Behavioral Sciences, 1st Discipline (3): Drug Education (3)
- 5 History Social Behavioral Sciences, 2nd Discipline (3): PSYC 101: Psychology (4)
- 6 Humanities Arts, 1st Discipline (3): _______________
- 7 Human Diversity (3): KSP 220W
- 8 Global Perspective (3): _______________
- 9 Ethical Civic Responsibility (3): _______________
- 10 People and Environment (3): _______________
- 11 Performance and Participation (2-3): HP 291 (2); HP 182 (1)
- 12 First Year Experience (0-1): FYEX 100 or _______________
- 13 Information Technology (0-2): _______________

Note: May not use more than two courses from the same discipline, other than ENG, to fulfill General Education requirements; a single course may be placed in one or two categories and also may be designated as a Writing Intensive course.

Graduation Requirement: Two PURPLE or GOLD Courses: KSP 220W; ___________; Two Writing Intensive Courses: KSP 220W; HLTH 420W

All courses listed below must be completed with a C or better.

Required Courses in General Education (22 Hours)
- HP 182 Aquatic Skills (GE-11) (1)
- HP 291 Concepts of Fitness (GE-11) (2)
- HLTH 212: Consumer Health (GE-2) (3)
- HLTH 240: Drug Education (GE-5) (3)
- Level 1-KSP 220W (GOLD): (GE-1c or 7) Human Relations in a Multicultural Society (3).
- FCS 140: Intro to Nutrition (GE-3) (3)
- CHEM 106 (GE-5) (3) (CHEM Prerequisite to BIOL 310)
- PSYC 101: Psychology (GE-5) (4)

Required Supporting Courses (8 Hours)
- BIOL 220: Human Anatomy (4)
- BIOL 310: Human Physiology (4) (BIOL 220 and CHEM 104 or 106)

Required Courses in KSP (27 Hours)
- Level 1-KSP 222: Introduction to the Learner (2) Must register for the same section as in KSP 222
- Admission to Professional Education: Application to Professional Education (minimum 32 credit hours; minimum cumulative 2.75 GPA)
- KSP 202: Technology Integration in the Classroom (2) Can take during Level 1 or 2.
- Complete MTLE Basic Exam before Level 2
- Level 2-KSP 330: Planning, Instruction and Evaluation (5)
- Level 3-KSP 440: Creating Learning Environments (3)
- Level 3-KSP 442: Reading, Literacy and Differentiated Instruction (3)
- Student Teaching: Apply to Student Teaching OCTOBER or MARCH: (one year before student teaching-apply during Level 2)
- Level 4-KSP 464: Professional Seminar (1)
- Level 4-KSP 476: Student Teaching (11)

Program Permanent Admission (upper division permission) to School Health Education and Physical Education: GPA 2.5 and 32 credits

School Health Education Core Courses (21 Hours)
- HLTH 210: First Aid and CPR (3) (Performance and Participation 11)
- HLTH 311: Family Life and Sex Education (3)
- HLTH 320: School Health Education (3) (Spring Only)
- HLTH 451: Emotional Health and Stress (3) (Fall only)
- HLTH 410: Current Health Issues (3)
- HLTH 420W: Health Teaching Methods (3) (HLTH 320) (Fall Only)
- HLTH 454: Chronic and Infectious Diseases (3)

Physical Education Teacher Education Core Courses (24 Hours)
- HP 202: Introduction to Teaching PE and HLTH (1)
- HP 203: Fundamentals of Indoor and Outdoor Team Sports (3) (Fall only)
- HP 204: Fundamentals of Individual and Dual Sports (2) (Fall only)
- HP 205: Fundamentals of Rhythm and Dance (2) (Spring only)
- HP 256: Methods of K-3 Physical Education (2)
- HP 348: Structural Kinesiology & Biomechanics (3)
- HP 387: Methods of Teaching PE K-12 (3)
- HP 411: Development Adapted Physical Education (3)
- HP 413: Lifespan Motor Development (2) (Fall)
- HP 414: Physiology of Exercise (3) (BIOL 220, BIOL 310)

Apply for Graduation: (one year before graduation)
- Licensure: Complete MTLE (Both Health Education and Physical Education)

Minimum Number of Hours for Graduation: 120 Credit Hours