

MAYVILLE STATE UNIVERSITY

Health/Health Education

Bachelor of Science/Bachelor of Science in Education



Personal Service

We pride ourselves on being just the right size to give students the time they need to be successful. Our average class size is 15, so you will have small, personalized class settings to receive the education that you deserve. Your professors will introduce you to new ways of thinking, explore issues creatively, and evaluate ideas as you engage in the world.

Opportunity

Whether it's music, athletics, or politics, students at MSU have the chance to participate in a variety of activities and clubs. These organizations are a great way to make new friends with similar interests, and the involvement outside the classroom looks great on a resume.

Some clubs and activities include:

- Theater
- Band & choir
- HPER Club
- Science Club
- Comet Radio
- Student government
- Intramural sports
- Student Education Association

Success

Our students have high rates of employment. We also have internship opportunities to give you real, hands-on learning experiences and make your resume stand out.

Value

The combination of MSU's affordability and its unique offerings make it a Best Regional College, as designated by the Princeton Review. This selection process is based on meeting criteria for academic excellence as well as results of surveys done by current MSU students.

The Program

Health is an ever-changing condition of well being, influenced by intellectual, occupational, social, emotional, physical, and spiritual factors. As a student in Mayville State's Allied Health/Health Education programs, you'll enjoy experiences that encourage and facilitate the development of healthy behaviors and lifestyles as you prepare yourself to teach others about healthy living. The Health/Health Education programs prepare you to establish a broad foundation from which you can enter into many facets of the field of health, teach health in schools, or further your education at the graduate level.

Mayville State University's Allied Health/Health Education programs prepare you to be successful in and out of the classroom. In your career in health, you'll be making a difference in the lives of others through your opportunities to teach and inform individuals about the health and fitness issues they face.

Career Paths

Lifelong Preparation. The broad foundation this program provides prepares you to enter into many different aspects of health. Courses in anatomy, community health, nutrition, psychology, sociology, and more will give you a diverse educational background. You can get real-world experience through work with a number of regional organizations.

Facility Use Availability. The Mayville State Wellness Center is a wonderful facility in which you'll have the opportunity to work with the latest fitness equipment and to assess users with upgraded technology. The Wellness Center features a multi-purpose gymnasium, an aerobics room, and a cardio room that houses weight lifting equipment, exercise bikes, and treadmills.

Teaching. You'll have a first-rate student teaching experience through Mayville State. We work with experienced and highly qualified cooperating teachers who will provide you with a positive learning environment while mentoring your professional growth.

1.800.437.4104

WWW.MAYVILLESTATE.EDU

Major: Health Education - B.S.Ed

Required credits to graduate with this degree: 131

Health is an ever-changing condition of well being, influenced by intellectual, occupational, social, emotional, physical, and spiritual factors. Students will enjoy experiences that encourage and facilitate the development of healthy behaviors and lifestyles as they prepare to teach others about healthy living

Health Education majors must complete 36 hours of essential studies. The following Essential Studies courses require a minimum grade of "C": COMM 110, ENGL 110, ENGL 120 or ENGL 125, GEOG 103, MATH 103, and PSYC 111. Additional requirements to the major include (BIOL 111, BIOL 111L or BIOL 150, BIOL 150L), BIOL 220, BIOL 220L, HPER 100, HPER 200, HPER 210 and SOC 110. These courses are pre-requisite courses to this major.

Core Requirements

BIOL 221/L	Anatomy & Physiology II/Lab	4 SH
HPER 217	Pers. & Comm. Health	2 SH
HPER 222	Nutrition	3 SH
HPER 310	Foundations & History of Health Physical Education and Sports	2 SH
HPER 332	Comprehensive Health Ed. K-12	3 SH
HPER 340	Mod. Issues & Mat. In Health	3 SH
HPER 368	Principles of Conditioning	3 SH
HPER 402	Exercise Physiology	4 SH
HPER 476S	Comprehensive Review/Exam	1 SH
PSYC 450	Health Psychology	3 SH
SOC 335	Marriage & the Family	3 SH
SOC 355	Drugs & Society	3 SH

Total 34 SH

+ Secondary Education Core 40 SH

Student Learning Outcomes

SLO 1: *Learner & Learning:* Students understand diversity in learning and developmental processes and create supportive and safe learning environments for students to thrive.

SLO 2: *Content:* Students understand subject matter deeply and flexibly so they can advance their students' learning, address misconceptions and apply ideas to everyday life.

SLO 3: *Instructional Practice:* Students will plan instruction, utilize effective instructional strategies and technologies, and continuously assess students for mastery and decision-making purposes.

SLO 4: *Professional Responsibility:* Students will take responsibility for student learning, collaborative relationships, their own professional growth, and the advancement of the profession.



Major: Health - B.S.

Required credits to graduate with this degree: 120

The Health/Health Education programs prepares students to establish a broad foundation which can enter into many facets of the field of health, teach health in schools, or further your education at the graduate level.

Health majors must complete 36 hours of essential studies. The following Essential Studies courses are required: PSYC 111 and SOC 110. Additional requirements include (BIOL 111, BIOL 111L, or BIOL 150, BIOL 150L), BIOL 220, BIOL 220L HPER 200 and HPER 210.

A student majoring in Health must satisfactorily pass a comprehensive examination (HPER 476S) prior to graduation.

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If you have any questions regarding this program, please call:

800.437.4104

or visit

www.MayvilleState.edu