

MAYVILLE STATE UNIVERSITY

Health Education

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 15-20, so you will have small, personalized class settings to receive the education you deserve. Your professors will introduce you to new ways of thinking, exploring issues creatively, and evaluating 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
- Esports
- 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.

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 Health Education program, 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 Education program will prepare you to establish a broad foundation from which you can enter into many health-related careers, teach health in elementary and secondary schools, or further your education at the graduate level.

Mayville State University's Health Education program will also 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 health-related careers. Courses in anatomy, community health, nutrition, psychology, sociology, and more will give you a diverse educational background. You will get real-world experience through work with a number of regional organizations.

Facility Availability. The Mayville State 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	Personal & Community Health	2 SH
HPER 222	Nutrition	3 SH
HPER 310	Foundations & History of Health Physical Education & 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-A	Comprehensive Review/Exam	1 SH
PSYC 450	Health Psychology	3 SH

Select one of the following courses:

AH 341	Epidemiology in Exercise & Health	3 SH
SOC 335	Marriage & The Family	3 SH
SOC 355	Drugs & Society	3 SH

Total 31 SH

+ Secondary Education Core 41 SH

Student Learning Outcomes

SLO 1: Through the demonstration and application of discipline specific concepts, HPER students will serve as advocates for fitness.

SLO 2: HPER students will effectively communicate through a variety of methods with a discipline specific population.

SLO 3: HPER students will utilize a variety of technological resources and equipment to enhance discipline specific population engagement and learning.

SLO 4: HPER students will assess individual understanding of discipline specific concepts and utilize that assessment toward overall improvement.

Secondary Education Courses:

EDUC 250	Introduction to Education	3 SH
EDUC 272	Educational Technology	1 SH
EDUC 290	Theories of Learning & Mgmt.	2 SH
EDUC 380	Teach English Lang. Learners	2 SH
EDUC 381	Human Relations/Cultural Div.	3 SH
EDUC 390	Special Needs Inclusive Enviro.	3 SH
EDUC 398	Sec Education Field Experience	1 SH
EDUC 400	Student Teaching	10 SH
EDUC 401	Electronic Portfolio/Assessment	2 SH
EDUC 401S	Pre-Student Teaching Seminars	0 SH
EDUC 422	Educational Assessment	2 SH
EDUC 426	Reading in the Content Area	2 SH
EDUC 480	General Methods Sec Educ	4 SH
EDUC 480L	General Methods Field Exp.	1 SH
EDUC 482	Sec Methods Health & PE	2 SH
PSYC 255	Child & Adolescent Psychology	3 SH

Total 41 SH

Health Education Minor

Required credits to graduate with this minor: 25-30

The Health Education minor is available to provide students who are already pursuing an education major that is not specific to Health Education the necessary background and knowledge base needed to teach health education classes in the elementary and secondary levels.

Pre-requisites: BIOL 111/ BIOL 111L or BIOL 150/ BIOL 150L, BIOL 220/BIOL 220L, PSYC 111, SOC 110, HPER 100, HPER 200, and, HPER 210

Required Courses:

HPER 217	Personal & Community Health	2 SH
HPER 222	Nutrition	3 SH
HPER 233	Individual Fitness	2 SH
HPER 310	Foundations & History of Health Physical Education & Sports	2 SH
HPER 332	Comprehensive Health Ed. K-12	3 SH
HPER 340	Mod. Issues & Mat. In Health	3 SH
HPER 402	Exercise Physiology	4 SH
PSYC 450	Health Psychology	3 SH
or		
SOC 335	Marriage & The Family	3 SH
SOC 355	Drugs & Society	3 SH

PSYC 435 not a required co-requisite to PSYC 450 for HPER students.

Core Requirements:

Teacher-certification candidates must also complete: (Minimum grade of 'C')

EDUC 398	Secondary Ed. Field Experience	1 SH
EDUC 426	Reading in the Content Area	2 SH
EDUC 482	Secondary Methods for Health & Physical Education	2 SH