

# Health Enhancement: Health and Physical Education Teaching K-12 Broadfield Major

The health enhancement K-12 major is designed for students who wish to become licensed to teach health enhancement (health and physical education) in grades K-12. Upon completion of the degree, students are eligible for licensure in the state of Montana.

Obtaining a teaching minor will require more than eight semesters. For more information on admission to the Teacher Education Program, student teaching, licensure, professional expectations and more, please visit: <http://catalog.montana.edu/undergraduate/education-health-human-development/department-education/teacher-education-program/>

Health enhancement is a comprehensive approach to combining the traditional areas of health education and physical education. It is a contemporary curriculum where healthy lifestyles and concepts are achieved through skillful movement with an emphasis on physical fitness, healthy lifestyle management skills, and understanding of the total self (physical, intellectual, emotional, and social). In addition to the traditional approach to teaching fundamental movement, skills, games, and dance, this curriculum emphasizes the overall health of the individual as a value in life and enhances critical thinking, decision-making and problem-solving skills of future teachers and their students. Courses within this curriculum represent a combination of content knowledge (health enhancement, health education, and physical education) along with a strong background in pedagogical content knowledge (teaching methods and curriculum). Students majoring in health enhancement develop a professional development portfolio based on national beginning teacher standards. The final semester consists of student teaching in two public school placements.

## Criteria for Selection and Retention

Admission to the Teacher Education Program. Any student who wishes to enter the Teacher Education Program must complete an "Application for the Teacher Education Program." These forms are available at [www.montana.edu/fieldplacement/](http://www.montana.edu/fieldplacement/). The plan must be signed by the advisor and the forms turned into the Education Advising Center, 132 Reid Hall. Students should apply to the Teacher Education Program by the end of their sophomore year.

The requirements for admission are:

1. cumulative grade point average of at least 2.75;
2. a grade of "C" or higher in all required courses;
3. approval of the advisor; and
4. no record of immoral conduct related to the teaching profession nor been judged guilty of a criminal offense as outlined by Section 20-4 110 of the Montana Code Annotated.

Application and approval for student teaching. Certain requirements must be met by all students desiring to student teach. These are:

1. maintenance of the same standards required for admission into the program including satisfactory clearance on a federal criminal background check;
2. completion of all required courses;
3. certification of first aid and CPR; and 4) approval of advisor.

Student teaching is limited to seniors. Application must be made to the Director of Field Placement and Certification no later than the following times:

- Fall student teaching: by the end of the first week in December of the year prior to student teaching.
- Spring student teaching: by the end of the second week of April of the year prior to student teaching.

The Praxis II exam in the area of physical education must be successfully passed one semester prior to student teaching.

*Recommendation and approval for licensure.* The requirements for recommendation by Montana State University for licensure include completion of courses in the Teacher Education Program as outlined in the individual's approved plan; maintenance of the same standards as required for student teaching; and approval of the advisor and the Director of Field Placement and Certification.

	Credits	
	Fall	Spring
<b>Freshman Year</b>		
COA 205 - Introduction to Coaching	3	
COMX 111US - Introduction to Public Speaking	3	
DANC 150 - Social Dance	1	
HDFS 101IS - Indiv and Fam Dev: Lifespan	3	
M 105Q - Contemporary Mathematics (formerly M 145Q, Math for Liberal Arts)	3	
WRIT 101W - College Writing I	3	
EDU 223IS - Educ Psych and Adolescent Dev		3
HEE 195 - Paraprofessional Experience I		1
HEE 305 - Methods of Teaching Mvmt Expl		3
KIN 105 - Fnd of Exercise Science		3
LSCI 121 - Library Research Skills		2
Elective		1
University Core		3
Year Total:	16	16
<b>Sophomore Year</b>		
	<b>Fall</b>	<b>Spring</b>
CHTH 205 - Drugs and Society	3	
COA 256 - Coaching Track and Field	2	
EDU 370 - Integrating Tech into Educ	2	
HEE 306 - Methods of Cond Act	3	
KIN 221 - Hlth Anatomy & Physiology	3	
Electives	4	
COA 316 - Football Coaching Theory		1
EDU 211D - Multicultural Education		3
EDU 382 - Assessmt, Curric, Instructn		3
HTH 220 - Human Sexuality		3
NUTR 221CS - Basic Human Nutrition		3
University Core		3
Year Total:	17	16
<b>Junior Year</b>		
	<b>Fall</b>	<b>Spring</b>
EDU 397 - Methods	3	
HDFS 371 - Research Methods in HHD	3	
KIN 322 - Kinesiology	4	
Directed Electives	3	
Electives	2	

COA 319 - Volleyball Coaching Theory	1
EDU 497 - Methods	3
HEE 310 - Methods of Adapted HE	3
HEE 430 - Instrc Design in HE	3
KIN 320 - Exercise Physiology	4
Directed Electives	3
Year Total:	15 17

**Senior Year Credits**

	Fall	Spring
COA 317 - Basketball Coaching Theory	1	
COA 318 - Soccer Coaching Theory	1	
HTH 455 - The Ethic of Care	3	
KIN 440R - Sport Psychology	3	
Directed Electives	3	
Electives	3	
University Core	3	
EDU 408 - Professional Issues: K-12		2
EDU 495 - Student Teaching (K-8)		6
EDU 495 - Student Teaching (5-12)		6
Year Total:	17	14

Total Program Credits: 128

**Electives (select 7-11 credits from the following courses)**

CHTH 435	Human Response To Stress	3
COA 395	Practicum:Coaching Application (may be repeated)	1
COA 405	Advanced Concepts in Coaching	3
KIN 270	Exercise Prog for Older Adults	3
KIN 410	Adv Strength Training and Cond	3
KIN 415	Adv Exercise Test and Prescrip	4
NUTR 411	Nutrition for Sports/Exercise	3

A minimum of 128 credits is required for graduation; 42 of these credits must be in courses numbered 300 and above.

### **Font Notice**

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Times was used instead of Adobe Garamond Pro.

The editor may contact Leepfrog for a draft with the correct fonts in place.