

HEALTH AND HUMAN PERFORMANCE TEACHER LICENSURE OPTION (HEALTH AND PHYSICAL EDUCATION K-12) BACHELOR OF SCIENCE DEGREE

The degree program in Health and Human Performance Teacher Licensure Option prepares the pre-service professional to teach physical education and health education in a variety of school settings, grades K-12. The program has been designed to provide a comprehensive, sequential professional preparation combining liberal arts, professional education and specialty studies. Extensive fieldwork enables the student to apply skills in a supervised setting. The degree program provides teaching competencies in:

- personal health education
- community health and safety
- health prevention and intervention
- motor learning, physiology and kinesiology
- individual, dual and team sports
- rhythm, dance, and physical fitness
- outdoor education
- organization and administration of health and physical education programs.

The Student Learning Outcomes for this option include:

- Demonstrate safe and effective teaching methods in fitness, motor skills, adventure activities and health enhancement to diverse student populations.
- Apply scientific principles of kinesiology, exercise physiology, nutrition and motor learning in teaching.
- Plan, organize and implement management plans for equipment and space for teaching.
- Effectively assess self and peer teaching strategies used in techniques and methods courses.
- Demonstrate successful learning outcomes in students taught.

Admission Requirements for Health and Human Performance – Teacher Licensure Option (H&PE K-12)

All students desiring licensure to teach are required to file an Application for Admission to the Educator Preparation Program (<https://catalog.msubillings.edu/undergraduate/college-education>).

Degree Requirements

The General Education requirements for secondary and K-12 education majors have been designed to prepare pre-service educators in a liberal arts curriculum which stimulates scholarship; promotes a critical understanding of human concepts; fosters individual fulfillment; nurtures the development of free, rational, and responsible professions; cultivates an appreciation for the values associated with life in a free, democratic society; develops intellectually competent, imaginative and vigorous educators; and encourages an analysis of values inherent in foreign cultures, the variety of American ethnic cultures, and Native American cultures with

an aim toward developing a clearer understanding of other peoples. The General Education program for secondary and K-12 education majors is similar to the General Education program established for all students at Montana State University Billings.

A complete description is contained on page 70. Students should select General Education courses in consultation with their academic advisors in the subject area and education. A grade of "C" or higher is mandatory in all health and human performance courses satisfying the major requirements.

First Aid Competency

Health and Human Performance students who are completing the teacher licensure option are required to demonstrate current competency in first aid, CPR and AED. Presentation of certification documents for First Aid, current Adult/Child/Infant CPR and Automatic External Defibrillation will be accepted as proof of this competency if met through the following organizations:

First Aid

- American Academy of Orthopedic Surgeons
- American Red Cross
- National Safety Council

CPR

- American Academy of Orthopedic Surgeons
- American Heart Association
- American Red Cross
- National Safety Council

Students can also achieve First Aid, Adult/Child/Infant CPR and AED certification through successful completion of ECP 100 .

Code	Title	Credits
General Education Requirements (https://catalog.msubillings.edu/undergraduate/general-education-requirements)		31
Students should consult with their advisors to determine if specific courses are necessary in order to satisfy the General Education requirements within this major.		
Professional Core (see below) ¹		35
Required Courses		
ECP 100	First Aid & CPR	2
HEE 303	Methods Lifetime Fit Act	3
HEE 305	Methods of Teaching Mvmt Expl	3
HEE 306	Methods of Cond Act	3
HEE 310	Methods of Adapted Hlth Enhncm	2
HEE 340	Methods of Health Education	3
HTH 201	Health Issues for Educators	3
HTH 411	Alcohol, Tobacco, Drug Prevent	3
HTH 435	Hlth & Wllnss Acrss the Lfspn	3
KIN 105	Fnd of Exercise Science	3
KIN 106	Fndtns of Exercise Science Lab	1
KIN 205	Foundations in HHP	3
KIN 320	Exercise Physiology	3
KIN 321	Exercise Physiology Lab	1
Select one of the following:		4
KIN 322 & KIN 323	Kinesiology and Anatomical Kinesiology Lab	
KIN 327 & KIN 328	Kinesiology & Biomechanics and Biomechanics Lab	

KIN 330	Motor Learning and Control	3
KIN 331	Motor Learning and Control Lab	1
NUTR 221	Basic Human Nutrition	3
Subtotal		47
Restricted Electives		
Select two courses from the following:		6
CHTH 435	Human Response To Stress	
HTH 270	Global Health Issues *	
HTH 391	Special Topics	
HTH 425	Health and Sexuality	
KIN 364	Rsrch Meths in Hlth Hmn Prfrm	
KIN 415	Adv Exercise Test & Prescrip	
Select one REC course from the following:		2-3
REC 200	Fnd Outdoor Advent Leadership	
REC 280	Challenge Course Fundamentals	
REC 309	People and the Environment	
ACT 170	Beginning Swimming	1
or ACT 270	Intermediate Swimming	
Subtotal		9-10
Total Minimum Credits		123

Certain courses in this program have prerequisites; students should check the course descriptions for required prerequisites.

Professional Core Requirements

The Professional Core at Montana State University Billings combines the intellectual foundations of education and the professional knowledge and skills required of all teachers into a coherent sequence of courses. The core provides the basis for understanding the philosophical, historical, cultural, and sociopolitical means by which society attempts cultural transmission and it provides the opportunity to acquire the knowledge and skills that are essential for effective instruction. It includes the range of human development and learning as they affect instructional planning, evaluation, curriculum design and implementation, performance skills, management of classrooms, direction of students, professional responsibilities, and ethical issues affecting teacher effectiveness.

At different points in its sequence of courses, the Professional Core engages students in supervised practice applying their developing knowledge and skills. By having faculty who hold diverse disciplinary perspectives teach throughout its sequence, the Professional Core encourages students to develop a professionally responsible understanding of the diversity that defines learners and teachers. The student teaching experience completes the sequence and includes both a final look at classroom skills and a capstone seminar.

The Professional Core presents a balanced approach to epistemology from philosophical, psychological, and sociological perspectives. The core is predicated on the evidential nature of knowledge required for the professional practice of education. While the professional practice of education is also informed by belief and intuition, it is ultimately defensible only to the extent that it has evidential support. The Professional Core engages students in both the processes and products of human knowing as such knowing is central to all aspects of education. The Professional Core involves the

1. creation,
2. facilitation of change,
3. transmission, and

4. application of human knowledge across the diversity of ways in which individuals understand human knowledge.

Secondary and K-12

Code	Title	Credits
EDSP 204	Intro to Tchng Exceptnl Lnrs	3
EDU 105	Education and Democracy *	3
EDU 220	Human Growth & Development	3
EDU 221	Educ Psyc & Measurement	3
EDU 333	Rd & Wrtnng Across Curriculum	3
EDU 354	Secondary Junior Field	2
EDU 380	Intro Curriculum Plan/Practice	2
EDU 406	Phil, Legal & Ethical Issues	3
EDU 495A	Student Teaching: K-12	9
or EDU 495C	Student Teaching: 5-12	
HTH 412	Drugs and Alcohol	1
Content Area Methods Course		2-3
Total Minimum Credits		34-35

¹ Includes HEE 308 Methods of Physical Education K-12

* May satisfy General Education requirements.

Suggested Plan of Study

This sample schedule is a suggested plan for students to follow in completing the four-year Teaching Major in Health and Physical Education (K-12). Due to course schedule changes and staff assignments, students may not be able to follow the plan exactly. Students should consult with their advisors to plan classes before registering each semester to assure that all prerequisites and General Education requirements are met, and to plan for student teaching.

Code	Title	Credits
First Year		
Fall		
EDU 105	Education and Democracy	3
BIOB 101 & BIOB 102	Discover Biology and Discover Biology Lab	4
WRIT 101	College Writing I	3
General Education		6
Total		16
Spring		
KIN 105 & KIN 106	Fnd of Exercise Science and Fndtns of Exercise Science Lab	4
CHMY 121 & CHMY 122	Intro to General Chemistry and Intro to Gen Chem Lab	4
HTH 201	Health Issues for Educators	3
General Education		6
Total		17
Second Year		
Fall		
EDU 220	Human Growth & Development	3
KIN 205	Foundations in HHP	3
Restricted Elective		3
General Education		6
Total		15

Spring		
NUTR 221	Basic Human Nutrition	3
EDU 221	Educ Psyc & Measurement	3
EDSP 204	Intro to Tchng Exceptnl Lnrs	3
ACT 170	Beginning Swimming	1
or ACT 270	Intermediate Swimming	
REC Elective		3
General Education		3
Total		16
Third Year		
Fall		
KIN 330	Motor Learning and Control	4
& KIN 331	and Motor Learning and Control Lab	
EDU 333	Rd & Wrtng Across Curriculum	3
HEE 305	Methods of Teaching Mvmt Expl	3
EDU 380	Intro Curriculum Plan/Practice	2
HTH 435	Hlth & Wllnss Acrss the Lfspn	3
Total		15
Spring		
ECP 100	First Aid & CPR	2
KIN 320	Exercise Physiology	4
& KIN 321	and Exercise Physiology Lab	
HEE 310	Methods of Adapted Hlth Enhncm	2
HEE 303	Methods Lifetime Fit Act	3
Restricted Elective		7
Total		18
Fourth Year		
Fall		
Select one of the following:		4
KIN 322	Kinesiology	
& KIN 323	and Anatomical Kinesiology Lab	
KIN 327	Kinesiology & Biomechanics	
& KIN 328	and Biomechanics Lab	
HEE 308	Methods of Phys Ed K-12	3
HEE 340	Methods of Health Education	3
HTH 411	Alcohol, Tobacco, Drug Prevent	3
Restricted Elective		3
Praxis Exam ¹		
Total		16
Spring		
EDU 406	Phil, Legal & Ethical Issues	3
EDU 495A	Student Teaching: K-12	9
Total		12

¹ Students are required to pass Praxis II Health Enhancement