University of North Dakota
Department of Kinesiology and Public Health Education
Option A- Physical Education Teacher Education (K-12)

Essential Studies Requirements (39 Credits)

Communication (9 Credits)
- Engl 110 (3) College Composition 1
- Engl 130 (3) College Composition 2
- Comm 110 (3) Public Speaking

Social Sciences 9 sem. Credits (min of 2 departments)
- Psyc 111 (3) Introduction to Psychology (F,Sp)
- Soc 110 (3) Introduction to Sociology (F,Sp)
- T&L 252 (3) Child Development

Fine Arts and Humanities 9 Credits(min of 2 depts and min of 3 credits
in Fine Arts and 3 credits in Humanities)
- ES Approved Fine Arts (3)
- ES Approved Humanities (3)
- ES Approved Fine Arts or Humanities (3)

Mathematics, Science and Technology 9 Credits
(min 2 depts and include a 4-hour science course w/a lab)
- Chem 115+lab (4) Introductory Chemistry and Lab
- Nutr 240 (3) Fundamentals of Nutrition (F,Sp,O)
- ES Approved Math, Sci and Tech (3)

Capstone- 3 Credits
- ES Approved Capstone (3)

Special Emphasis-12 Credits completed within ES Requirements
- Advanced Communication - any course designated as A (3)
- Quantitative Reasoning - any course designated as Q (3)
- Global Diversity - any course designated as G (3)
- United States Diversity - any course designated as U(3)
- 4 credit lab science course
- Oral Communication

Major Courses
Prerequisite Courses- 19 credits
- Chem 115 (3) Introductory Chemistry (F,Sp)
- Chem 115L (1) Introductory Chemistry Lab (F,Sp)
- Psyc 111 (3) Introduction to Psychology (F,Sp)
- Soc 110 (3) Introduction to Sociology (F,Sp)
- Anat 204 (3) Anatomy for the Paramedical Personal (F,Sp)
- Anat 204L (2) Anatomy for the Paramedical Personal Lab (F,Sp)
- PPT 301(4) Mechanics of Human Physiology (F,Sp,O)
(Prereq Anat 204 and either Bio150+lab or Chem 116+lab or Chem 121+lab)

Core Courses- 32 credits
- KIN 207 (3) Prevention and Care of Physical Activity Injuries(F,Sp)
- Nutr 240 (3) Fundamentals of Nutrition (F,Sp,O)
- KIN 276 (2) Motor Learning and Lab (Sp)
- KIN 276 (1) Motor Learning and Lab (Sp)
- KIN 326 (3) Fundamentals of Physical Conditioning (F,SP)
- KIN 332 (3) Biomechanics and lab (F) (Prereq Anat 204)
- KIN 332L (1) Biomechanics and lab (F) (Prereq Anat 204)
- KIN 355 (3) Applied Motor Development* (Sp)
- KIN 401 (3) Sports Sociology (F,O)
- KIN 402 (3) Exercise Physiology and Lab (F)[Prereq PPT 301]
- KIN 402L (1) Exercise Physiology and Lab (F)[Prereq PPT 301]
- KIN 404 (3) Adapted Activities Programming* (Sp)
- KIN 440 (3) Sport Psychology (Sp,O)

Admission Requirements:
- 2.75 Overall GPA
- Min 30 Credits
- T&L 250 Intro to Education
- Passing PRAXIS 1 Scores

Teacher Education Courses- 59 Credits
- T&L 250 (3) Introduction to Education(F,Sp)
- T&L 252 (3) Child Development(F,Sp)
- T&L 339 (2) Technology for Teachers(F,Sp)
- T&L 433 (3) Multicultural Education(F,Sp)
- KIN 224 C (1) M P & A : Swimming (F)
- KIN 227 B (1) M P & A : Ballroom Dance (odd F)
- KIN 232 A (1) M P & A : Outdoor Pursuits (Even SS)
- KIN 236 (1) M P & A : Team Sports(F,Sp)**
- KIN 23 (1) M P & A : Racquet Sports (Recommended)**
- KIN 23 (1) M P & A : **
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- KIN 290 (3)PE for the Elementary Grades (F)
- KIN 327 (3)Fitness for Life (F,Sp)
- KIN 390 (2)Intro to Teaching Physical Education and Coaching #1 Methods Course (F)
- KIN 390L (2)Intro to Teaching Physical Education and Coaching #1 Methods Lab (F)
- KIN 400 (2)Strategies for Teaching Physical Ed Elementary #2 Methods Course*(Sp)
- KIN 400L (2)Strategies for Teaching Physical Ed Elementary #2 Methods Lab* (Sp)
- KIN 403 (2)School Health Education (Sp)
- KIN 410 (2)Methods & Materials for Teaching Secondary Phy Ed # 3 Methods Course* (F)
- KIN 410L (2)Methods & Materials for Teaching Secondary Phy Ed # 3 Methods Lab*(F)

Capstone- 3 Credits
- KIN 420 (3)Curriculum Development for Physical Education (Sp)
- KIN 491 (3)Teaching Seminar- # 4 Methods Course *(O)
- T&L 487 (13) Student Teaching Senior*(F,Sp)

Other Requirements- 30 VITAL Hours
- Background Check (Courses marked with * require a background check prior to enrollment)
- **See recommended list of MP&A courses for Physical Education Students

Pre-Student Teaching Checklist
All Major Coursework Completed
30 VITAL Hours Completed
PRAXIS II Test Completed
Background Check Completed and Cleared

Graduation Requirements
- 125 Credits
- 60 Credits from 4 year institution
- Last 30 credits from UND
- 30 credits from UND
- 36 semester credits 300 or higher
- College GPA 2.2 or higher