

Secondary Education Health & Physical Education

Are you someone who enjoys health, physical fitness, and teaching? This degree may be for you. Secondary Education Health & Physical Education allows you to teach in the K-12 school setting. You will have the knowledge about sports, physical development, health, and proper nutrition. Additionally, you will be able to show students how physical activity benefits the muscles and overall health.

Skills and Competencies

Students with a major or minor in secondary physical education must maintain a grade point average of 3.0 or greater overall, in the major, and/or minor with no grade below a "B-" in the professional education sequence and no grade below a "C" in the major and/or minor.

Completion of this major, a teachable minor and the professional education sequence leads to secondary certification which enables teaching in the K-12 school setting.

Course Work

This degree includes the following courses as part of the program requirements, and specific major requirements along with general education courses and graduation requirements.

HPE Major (53 cr.)

- HL150 Health & Education (2 cr.)
- HL450 Human Sexuality: Education Issues (3 cr.)
- HL485 Drug Use & Abuse (3 cr.)
- HPE110 Intro to Health & Physical Education (3 cr.)
- HPE120 Motor Learning & Development in HPE (3 cr.)
- HPE250 Effective Instruction of Invasion Games (2 cr.)
- HPE260 Effective Instruction of Net/Wall Games (2 cr.)
- HPE270 Effective Instruction of Health-Related Activities (2 cr.)
- HPE280 Effective Instruction of Striking/fielding/Target Games (2 cr.)
- HPE290 Effective Instruction of Outdoor Pursuit Activities (2 cr.)
- HPE320 Secondary Health Education (3 cr.)
- HPE330 Secondary Physical Education (3 cr.)
- HPE350 Methods & Materials in Health & Physical Education (4 cr.)
- PE212 Anatomical & Mechanical Assessment of Human Movement (3 cr.)
- PE213 Physiology of Sport & Fitness (3 cr.)
- PE224 Developmental Physical Education for elementary Teachers (2 cr.)
- PE310 Measurement & Evaluation in Physical Education (2 cr.)
- PE346 Adapted Physical Education (3 cr.)

HPE Electives (6 cr.)

Recommended Electives

- PE300 Technology in Human Performance (3 cr.)
- PE340 Foundations of Educational Athletics (3 cr.)
- PE440 Advanced Principles of Athletic Coaching (3 cr.)

Professional Education (29 cr.)

**Refer to the bulletin for a full list of these courses

Detailed course descriptions can be found at www.nmu.edu/bulletin.

Career Development

You should begin the resume-building process as soon as you can. The Academic and Career Advice Center can assist you with career planning, while Career Services will help you fine tune your resume and look for jobs related to your field. In the meantime, the more hands-on experience you have, the better the chances are that you will find a job. Becoming involved in a professional related internship is a way to develop your professional skills and gain experience. Your academic course work is important as well, so be sure to maintain a high grade point average.

Additional Considerations

High school teachers typically have at least a bachelor's degree. In addition, public school teachers must have a state-issued certification or license, which may require an academic background in the subject(s) they will be certified to teach.

Job Outlook

Employment of high school teachers is projected to grow 8 percent from 2020 to 2030, about as fast as the average for all occupations. Rising student enrollment should increase demand for high school teachers.

The median annual wage for high school teachers was \$61,682 in May 2021.

Potential Careers

NMU's Secondary Education Health & Physical Education prepares students for employment in the following careers:

Elementary School Teacher

Middle School Teacher

High School Teacher

Additional Resources and Information

For Career Planning and Opportunities:
Academic & Career Advisement Center
3302.1 C.B. Hedgcock
906-227-2971
www.nmu.edu/acac

School of Health and Human Performance
201 PEIF
906-227-2130
www.nmu.edu/hhp

For Job Search, Resume and Career Information:
Career Services
3302.3 C.B. Hedgcock
906-227-2800
www.nmu.edu/careers

For Information about NMU Student Organizations Associated with this Major Contact:
Center for Student Enrichment
1206 University Center
906-227-2439
www.nmu.edu/cse

Health Promotions Society
<http://myweb.nmu.edu/~hps/HPIndex.htm>

Internet Resource Links:
www.careers.org
www.bls.gov

For Career Information with National Organizations:
www.cfusion.sph.emory.edu/PHEC/ph.ec.cfm
-Public Health Employment Connection
www.nchec.org -The Nat. Commission for Health Education Credentialing

Society for Public Health Education (SOPHE)



**NORTHERN MICHIGAN
UNIVERSITY**

MARQUETTE, MICHIGAN

The Academic & Career Advisement Center
2022



What to do with
a major in...

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