

MAJOR

- Health & Physical Education (Kindergarten – 12th grade)

Program Definition

The health and physical education program is designed to prepare students to teach health and physical education curriculum in elementary and/or secondary schools. Health & Physical Education majors will learn how to help students develop fundamental motor skills that lead to the promotion of healthy lifestyles and positive attitudes toward lifelong physical activity. In addition, physical educators commonly serve as coaches for interscholastic sports. Therefore, a coaching endorsement is also available and encouraged for all health and physical education majors.

A 20 hour introductory practicum and 80 hour practicum at the elementary and secondary levels are required, allowing students to apply the strategies from their concurrent methods courses that they are completing. Student teaching is the culminating experience where the student demonstrates his/her knowledge and skills as a pre-service teacher. This supervised 16-week experience provides an opportunity to proactive teaching in a supportive and developmental setting. These individual programs can be completed in 4 years.

PSC Points of Distinction

- Teacher education programs at Peru State College are National Council for Accreditation (NCATE) accredited.
- Application of fitness and motor skill concepts to teaching.
- Small class sizes for enhanced "hands-on" experiences dealing with measurement/ evaluation of physical fitness and motor skills.
- Full-time faculty with extensive teaching experience.
- Availability of faculty for advising/extra help.
- Exposure to professional organizations.
- Opportunities for research.
- Peru State College has had a chapter of Kappa Delta Pi (The National Honor Society for Undergraduate Education Majors) for over seventy-five years. Each year the chapter inducts between 35-45 new members. Members have opportunities to attend area and national conventions and to participate in a variety of activities involving public school students. Kappa Delta Pi also offers scholarships to its members.
- Each program at Peru State College is reviewed on a continual basis and coursework is updated to meet evolving standards.
- Students completing a degree at Peru State College are prepared to attend the nation's top graduate schools in all program areas. Many graduates return to Peru State for their masters degree, which can be completed online and in our accelerated format.
- Minor in a subject area outside of the major is simple at Peru State and can broaden the scope of knowledge and can improve employment prospects for any student.

Facilities

Human Performance Lab—The Human Performance lab is equipped with all the testing instruments physical educators need, such as a metabolic cart, body fat calculators, pedometers, heart rate monitors and more! It also includes cardiovascular machines and other exercise equipment perfect for learning about fitness.

Curriculum level of library—Our award-winning library houses an entire level just for teacher education majors! This features a variety of multimedia and other state-of-the-art materials for students preparing to teach at the secondary and K-12 levels.

Program Expectations

1. Free from disciplinary probation.
2. Overall grade point average of at least 2.5
3. Minimum scores on the Pre Professional Skills Test (PPST) as follows: Reading 170, Math 171, Writing 172
4. Evidence of proficiency in English Composition and Mathematics as indicated by a grade of C or above in college level courses.
5. Reflect appropriate professional dispositions in an initial interview and throughout the program.
6. Background check.

Faculty

Dr. Ellie Kunkel, Ed.D. - Associate Professor of Physical Education

Dr. Johann Murray, Ed.D. - Assistant Professor of Physical Education

Dr. Kyle Ryan, Ph.D. - Assistant Professor of Exercise Science

Required Coursework

Program information available online at <http://www.peru.edu/education/programs/>

Outcomes

With a professional degree in health and physical education, careers are possible in teaching health & physical education in elementary and/or secondary schools.

In addition, the health and physical education degree is one of the best stepping stones toward a career in coaching or in athletic administration at all levels!

Contact Information

Dr. Jodi Kupper
Dean of Education
(402) 872-2244
jkupper@peru.edu

Office of Admissions
PO Box 10
Peru, NE 68421-0010
1-800-742-4412 opt. 1
(402) 872-2221
admissions@peru.edu