

## ABOUT THE MAJOR

If you're interested in and passionate about improving the function, health, and wellness of students in a K-12 setting, a Health and Kinesiology degree with the Health & Physical Education Teaching emphasis at the U is a great fit for you! You'll learn about the disciplines within kinesiology (the study of human movement) including pedagogy as well as exercise physiology and psychology. You'll also take courses in health education on topics such as healthy weight for life, facilitating healthy behavior, and health teaching in secondary schools. In addition to intensive coursework, the program provides a wide range of experiences and settings in which you'll have opportunities to reflect, learn through practical experience, and develop as a physical education teacher.

The Health & Physical Education Teaching program is committed to educating individuals who believe ALL students can learn and deserve the opportunity to learn, act on the principle that diversity is to be valued, and are committed to providing quality health and physical education instruction. Our curriculum is designed to help you meet the state requirements for teacher certification. Upon completion of the curriculum, you will be qualified for state licensure.




## LEARNING OUTCOMES

- Apply discipline-specific scientific and theoretical concepts critical to the development of healthy, physically educated individuals.
- Gain the knowledge and skills necessary to demonstrate competent movement performance and health in the K-12 Standards.
- Learn to plan and implement developmentally appropriate learning experiences aligned with local, state, and national standards to address the diverse needs of all students.
- Use effective communication, pedagogical skills, and strategies to enhance student engagement and learning.
- Utilize assessment and reflection to foster learning and inform instructional decisions.
- Demonstrate dispositions essential to becoming an effective professional.

## PLAN & PREPARE

At the U, we plan for our students to have an Exceptional Educational Experience identified by four broad categories we call the Learning Framework: Community, Knowledge & Skills, Transformation, and Impact. This major map will help you envision, explore, design, and plan your personalized Exceptional Educational Experience with the Learning Framework at the core. In addition to assisting you in planning your coursework and navigating the requirements of your major, this map will help you incorporate other kinds of experiences to expand your knowledge, support your development, and prepare you for the future you want.

## GET STARTED TODAY

-  Schedule an appointment with an advisor: [advising.utah.edu](https://advising.utah.edu)
-  Visit [ugs.utah.edu](https://ugs.utah.edu)
-  Learn more about the Learning Framework: [ugs.utah.edu/learning-framework](https://ugs.utah.edu/learning-framework)



250 S 1850 E - HPR N 239  
Salt Lake City, UT 84112  
[health.utah.edu](https://health.utah.edu)



THE UNIVERSITY OF UTAH  
**EXCEPTIONAL  
EDUCATIONAL  
EXPERIENCE**  
The Office of Undergraduate Studies

# H EDU

**HEALTH & KINESIOLOGY**  
health & physical education training

COLLEGE OF HEALTH



**Community**



**Knowledge & Skills**



**Transformation**



**Impact**

*"Being a part of this program prepared me to work in the world of physical education. With the direction and instruction I was given at the U, I have been able to provide my students with a quality physical education program that teaches them to be healthy across the lifespan. It also helped me to advocate for a subject that I greatly believe in and one that can benefit students in many different ways."*

*>> Carly Donahue,  
PE Specialist, Granite School District*

# HEALTH & PHYSICAL ED TEACHING

Use this map to explore, envision, design, and plan your Exceptional Educational Experience.

## GETTING STARTED

## MAKING PROGRESS

## FINISHING UP

## WHERE CAN I GO AFTER GRADUATION?

### COURSES

- Begin Gen Ed courses
- Take KINES 2500 - Exploration of the Movement Sciences
- Complete MATH 1050 - College Algebra, BIOL 1610/1615 - Principles of Biology, WRTG 2010 - Intermediate Writing, NUIP 1020 - Scientific Foundations of Nutrition, & an ETHNC course - Ethnic Studies

- Complete:
  - KINES 3091 - Exercise Physiology
  - KINES 3200 - Introduction to Coaching
  - H EDU 4200 - Foundations of Health Education
  - H EDU 4230 - Health Teaching in Secondary Schools

- Continue with courses:
  - ED PS 3721 - Child Development & Learning
  - H EDU 5300 - Diversity & Health
  - NUIP 3620 - Cultural Aspects of Food
  - ESSF courses - Exercise & Sport Science
  - Statistics (multiple options)

- Complete required upper-division H EDU & KINES courses
- Finish Gen Ed requirements
- Complete Student Teaching Experience

- Aquatics Director
- Athletic Administrator
- Athletic Trainer
- Biomechanist
- Cardiac Rehabilitation Specialist
- Chiropractic Physician
- College Athletics Coeach
- Corporate Fitness Specialist
- Dentist
- Director of Youth Camps/ Sport Programs
- Entrepreneur
- Epidemiologist
- Exercise Physiologist
- Fitness Instructor
- Massage Therapist
- Medical Doctor
- Occupational Therapist
- Personal Trainer
- Physical Education Teacher
- Physical Therapist
- Physician Assistant
- Respiratory Therapist
- Sport Coach
- Sport Manager
- Sport & Exercise Psychologist
- Sports Journalist
- Sports Marketing Coordinator
- Sports Official
- Strength & Conditioning Coach
- Wellness Coach

### COMMUNITY

- Connect with a range of diverse health-related communities:
- Volunteer for programs like U-Fit
- Intern alongside community partners
- Participate in research programs like UROP<sup>1</sup>
- Join student-led organizations

- Customize & tailor your Kinesiology experience towards your specific personal, academic, & professional goals:
- Try classes like KINES 4920 and ECS 3150 to get teacher's aide experience & multi-cultural education

- Complete academic credit while gaining practical skills & experience in the community through research & internship opportunities

- Apply your knowledge by taking on more influential roles:
  - Coordinate a group service project
  - Volunteer your time with the Bennion Center

### KNOWLEDGE AND SKILLS

- Visit your advisor to create an academic plan
- Connect with support resources on campus such as the Writing Center & Math Lab
- Get to know other students in the major

- Organize a study group
- Attend office hours
- Touch base with your advisor to stay on track
- Explore & register for electives that support your learning goals

- Develop your knowledge through an independent study
- Seek out applied experience through job shadowing, community service, leadership opportunities, & direct patient/client exposure with organizations like Connect2Health & Primary Children's Medical Center

- Practice what you learned & share your knowledge in a real world setting such as an internship or a collaboration with a Kinesiology community partner
- Consider an endorsement in something like English as a Second Language or Elementary Arts; meet with an advisor at the Urban Institute for Teacher Education for more information

### TRANSFORMATION

- Meet with an advisor to begin exploring what you want to do after you graduate & learn how to customize your undergraduate experience to meet your goals

- Take courses with the community engaged learning designation or a supervised internship
- Connect with ASUU<sup>2</sup> & the Student Success Advocates to learn more about student support services on campus

- Try extracurricular activities outside the major through the Bennion Center, the Natural History Museum, or the Huntsman Cancer Institute

- Complete the student teaching experience & put theory into practice
- If you've done research, consider presenting at the Undergraduate Research Symposium

### IMPACT

- Join student groups & clubs on campus such as Connect 2 Health, MUSE<sup>3</sup> Scholars, Fraternities & Sororities, Intramural Sports, Crimson Crew, or the Health & Human Rights Interest group

- Apply for leadership positions in clubs such as Pre-Med Honor Society, Pre-SOMA<sup>4</sup>, Pre-PT<sup>5</sup> Club, Pre-PASO<sup>6</sup> Club
- Visit your Career Coach & look into summer jobs in health professions

- Volunteer with an organization like U-Fit, Utah Reads, Science in the Parks, Connect2Health, or Friends for Sight
- Get valuable experience with an internship through PEAK<sup>7</sup> Fitness, L.S. Skaggs Patient Wellness Center, or the Hinckley Institute

- Visit with your Career Coach to discover opportunities to gain additional skills & experience through volunteering, job shadowing, clubs, or internships

### CAREER

- Take Focus2 or the StrengthsFinder assessments through the Career & Professional Development Center to get to know yourself better
- Use O\*Net & Who Hires U of U Grads to research career options
- Meet with a Career Coach for guidance

- Seek out new experiences by completing informational interviews, shadowing, volunteering, or working in areas of interest
- Use career events (Career Fairs/Meet & Eats) & resources (Handshake/ AlumniFire) to get connected

- Develop back-up plans for your primary career goal
- Get your resume & LinkedIn reviewed
- Build references & contacts for the job search
- Attend the Career Conference to get all of these at once

- Meet with a Career Coach to refine your job or graduate school application materials
- Practice interviewing
- Practice salary negotiation

<sup>1</sup>Undergraduate Research Opportunity Program <sup>2</sup>Associated Students of the U of U <sup>3</sup>My U Signature Experience <sup>4</sup>Student Osteopathic Medical Association <sup>5</sup>Physical Therapy <sup>6</sup>Physician Assistant Student Organization <sup>7</sup>Performance Enhancement through Applied Knowledge