



## What can I do with a major in... PHYSICAL EDUCATION & HEALTH

The Physical/Health Education major is designed to prepare students to teach Physical & Health education K-12 in private and public schools. As an education major, you'll be mentored by professors who will guide and encourage you during your journey toward a degree and teacher licensure, and a classroom of your own! We have a wide range of P-12 school partnerships that will give you extensive interaction with current teachers in real classrooms as early as your sophomore year. You'll observe and assist in classrooms before you become a student teacher your senior year. Graduates earn two MN licenses: Physical Education K-12 and Health Education 5-12.

### What types of work are related to this degree?

- Teaching in your area of specialty
- Creating/directing educational programs
- Curriculum development
- Instructional design (technology training may be required)
- Textbook editing
- Student life/student affairs
- Adapted physical educator
- Athletic director or trainer
- Camp counselor
- Exercise or fitness specialist
- Industrial wellness programming
- Recreation programming/directing
- Sports store manager
- Umpire/referee

### Who employs people with this degree?

- Schools of all kinds-public, private, charter, international, government, residential
- Day care and nursery school
- Parks and Recreation departments
- Educational testing companies
- Curriculum/educational publishers
- School district offices
- Educational research firms
- Industries related to your subject area
- Non-profit organizations
- Universities and colleges
- Employee training programs

More information online at [ONETonline.org](http://ONETonline.org)

### Strategies for Success:

- Requirements for certification/licensure vary by state. Multiple certifications will increase employability. A master's degree will increase earning potential.
- Be willing to work hard at finding a job and to go where the jobs are.
- Obtain part-time, summer, internship, or volunteer experience with the age group you intend to work with in various settings: pre-schools, daycares, camps, community agencies, adult centers, YMCA's, etc.
- Participate in co-curricular activities and related organizations to broaden skills, interests, and opportunities.
- Identify transferable skills learned in teaching that are applicable to other careers: written and verbal communication, teaching and instruction, program planning, organization and record keeping, working under pressure and meeting deadlines, motivational skills, creativity, working autonomously, decision-making, problem solving.

### Professional Associations:

- American College Personnel Association
- American Educational Research Association
- American Federation of Teachers
- Association for Experiential Education

- National Education Association
- US Department of Education (listing of associations)
- Association for Childhood Education International
- American Alliance for Health, Physical Education, Recreation, & Dance

This information represents possible occupations and strategies for careers with this major. As with any job or career, there may be additional qualifications or experience needed. For more information and options, make an appointment with Career Development or check out our online resources on our website or on theROCK, Career Development tab.