



# The Power of Physical Education: Developing Healthy, Active Children

School of Sport and Exercise Science:  
Physical Education K-12 Teaching Program



@UNCPhysEd



# Active Quiz Time!

Children and youth should accumulate at least how many minutes of moderate-to-vigorous physical activity daily?

- a. 30 (calf raises)
- b. 60 (trunk twists)
- c. 90 (toe touches)





# Benefits of Physical Activity

- Improves classroom attention
  - Improves mood/mental health
  - Boosts energy
  - Decreases stress
  - Reduces risk of getting sick
  - Improves fitness
- 
- Reduces risk of developing cancer and chronic diseases
  - Increases your chance of living longer
  - Improves overall health





# Active Quiz Time!

What percentage of youth actually get at least 60 minutes of physical activity daily?

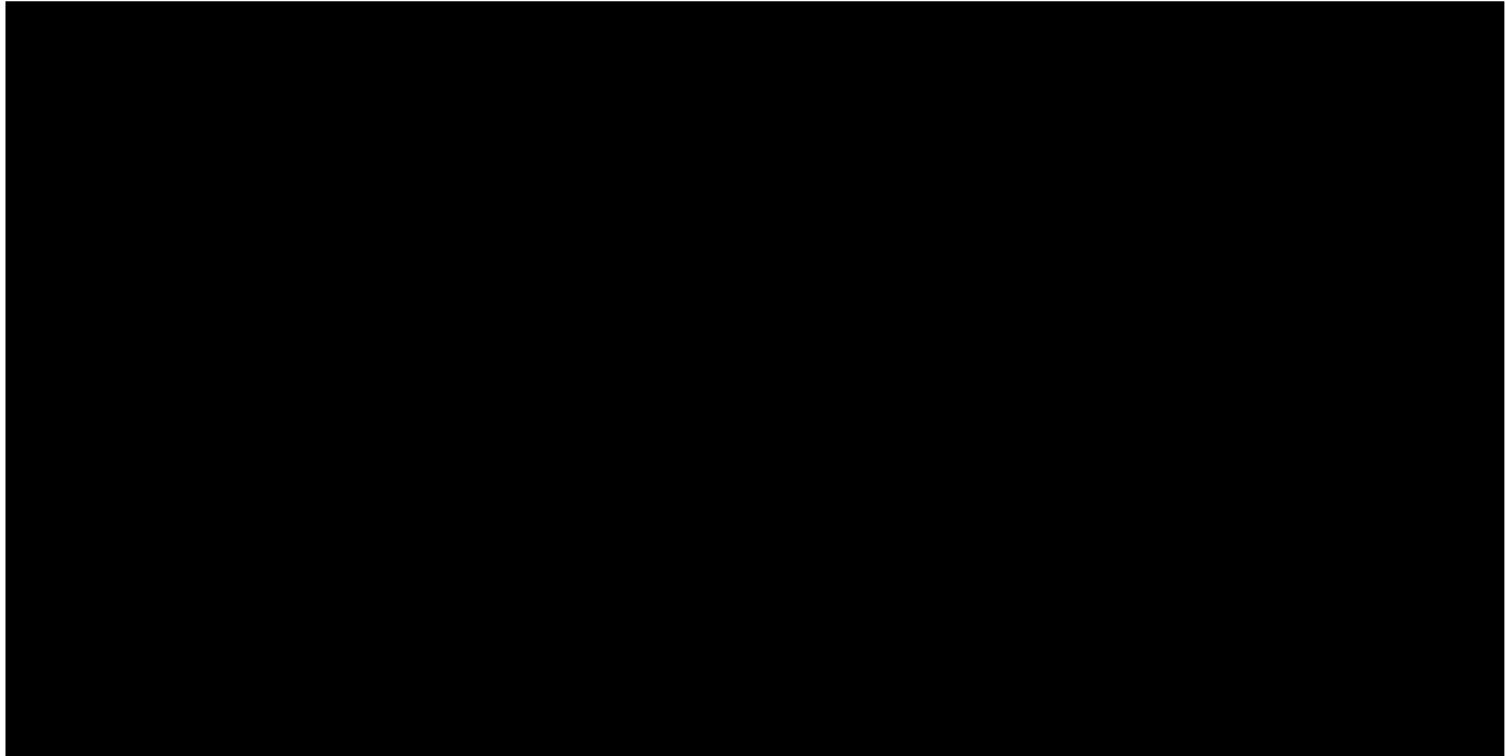
- a. 26% (lunges)
- b. 43% (jumping jacks)
- c. 77% (side stretches)





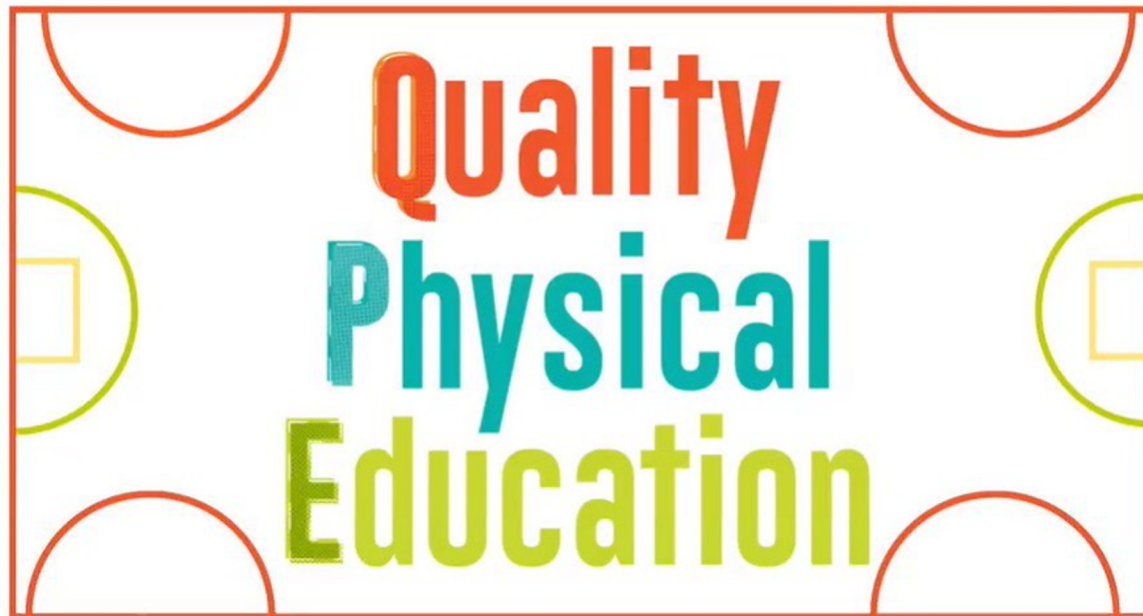


What would you do with 5 extra years?





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# Active Quiz Time!

The purpose of physical education is to:

- a. Release energy (arm circles)
- b. Develop skills and knowledge to be physically active for a lifetime (squats)
- c. Play sports and develop athletes (run in place)



# How does Physical Education help?

- High quality Physical Education gives students:
  - Knowledge
  - Skills
  - Confidence

...to enjoy a **lifetime** of healthful physical activity.

...to give kids back those 5 extra years.
- Physical Education is arguably *the* most important subject in school!
- How do we prepare future physical education teachers at UNC?



# Program Requirements

YEAR 1- FALL (15 credits)		YEAR 1- SPRING (15 credits)	
LAC Courses	12 credits	LAC Courses	12 credits
SES 202 Lifetime Sport and Physical Activities	3 credits	SES Electives	3 credits
YEAR 2- FALL (16 credits)		YEAR 2-SPRING (15 credits)	
FND 250 Principles of Nutrition (LAC Nat & Phys Sci)	3 credits	SES 170 Intro. to Field Experience <sup>1</sup>	1 credit
SES 210 Developmental Appropriate Elementary Act.	3 credits	SES 221 Weight Training Techniques	1 credit
SES 220 Anatomical Kinesiology (LAC Nat&Phys Sci)	4 credits	SES 240 Secondary PE Content	3 credits
SES 243 Outdoor & Adventure Programming	3 credits	SES 266 Intro. to P.E. as a Profession <sup>1</sup>	3 credits
University-wide course	3 credits	SES 323 Motor Learning & Development	3 credits
		SES 338 Teaching Diverse Populations	4 credits
*Initial Admission to PTEP			
YEAR 3- FALL (16 credits)		YEAR 3- SPRING (16 credits)	
SES 322 Exercise Physiology I	3 credits	SES 331 Biomechanics	3 credits
SES 340 and 340L Plan & Instructional Design <sup>2</sup>	4 credits	SES 342 Teaching Health Related Fitness	3 credits
SES 441 Physical Education Technology <sup>2</sup>	3 credits	SES 440 & 440L Dev. Pedagogical Skills in Elem. Ed.	4 credits
EDRD 340 Dev. Lang. & Literacy in Content Areas	3 credits	PSY 347 or 349	3 credits
EDF 366 Concepts of Schooling	3 credits	SES 446 Soc Concepts Teach Learn Phys Ed	3 credits
*Full Admission to PTEP		*Praxis 5091 Physical Education Content Knowledge	
YEAR 4- FALL (15 credits)		YEAR 4- SPRING (12 credits)	
SES 438 Sport Psychology OR SES 333 Psychology of Exercise and Physical Activity (choose one course)	3 credits	EDFE 444 Student Teaching <sup>3</sup> 12 credits	
SES 443 Teaching and Assessing School Health	3 credits		
SES 442 & 442L Dev. Pedagogical Skills in Sec.	4 credits		
University-wide course	3 credits		
EDSE 433 Exceptional Student in the Regular Class	2 credits		
*Application for Student Teaching			



# PE K-12 Teaching Program Highlights

- 800+ hours of field experience in schools
  - Observations of PE teachers
  - Before/after school physical activity programs
  - Field day and family fitness nights
  - Student Teaching
- Small class sizes
- Faculty
  - Experts in the classes they teach
  - Extensive experience working with children in PE/PA
  - Care about and know students by name
- Physical Education Club
- Related Minors:
  - Sports Coaching
  - Special Education







# What is it like to be a PE K-12 Teaching Major at UNC?





# Questions?

**Contact Dr. Krause, Program Coordinator**  
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**UNC**