

Physical Education

The Physical Education major prepares students to teach, promote, and model lifelong physical activity and wellness. Students learn about motor skills development, fitness assessment, instructional strategies, and the science of movement, equipping them to inspire healthy habits in diverse populations. Graduates often work in education, coaching, and community recreation, with career opportunities in schools, fitness centers, sports organizations, and youth programs. This major also lays the groundwork for roles in health promotion or further studies in fields like kinesiology or athletic training.

Job Title Examples:

- Physical Education Teacher
- Youth Sports Coach
- Recreation Program Leader
- Athletic Coach
- Fitness Instructor
- Camp Director
- Intramural Sports Coordinator
- Wellness Program Assistant
- Adaptive Physical Education Specialist
- Community Recreation Assistant

Hard and Soft Skills Needed:

Hard Skills:

1. Instructional Planning
2. Fitness Assessment Techniques
3. Motor Skill Development Strategies
4. Classroom Management
5. Knowledge of Physical Activity Standards

Soft Skills:

1. Communication
2. Leadership
3. Patience
4. Adaptability
5. Team Collaboration

Further Education/Training Required and/or Suggested:

A BS in Physical Education qualifies students for entry-level roles, but additional certifications or training are often required:

To Enter the Field:

1. Teaching Certification/License:
 - Required for K-12 physical education teaching roles in public schools.
2. CPR/AED and First Aid Certification:
 - Common requirement for educators and coaches.

To Advance:

1. Specialized Coaching Certifications:
 - For sports coaching or athletic training roles.
2. Graduate Degree:
 - For leadership, administration, or advanced teaching roles.

Summary:

A teaching license is essential for school roles, while advanced certifications or degrees can enhance career opportunities in education or athletics.

Professional or Student Associations:

- Society of Health and Physical Educators (SHAPE America)
- National Association for Sport and Physical Education (NASPE)
- American Council on Education (ACE)
- National Federation of State High School Associations (NFHS)