

HEALTH EDUCATION MAJOR

Major Requirements

This major prepares students to be recommended by the Concordia College department of education for Minnesota licensure to teach health in grades 5-12. To be eligible to complete this major, the student must be admitted to the Teacher Education Program.

The requirements for a **major in health education** are 68 credits:

Code	Title	Hours
Health Education Courses		
PED 111	Wellness	1
PED 252	Prevention and Care of Sport-Related Injuries ¹	2
HLTH 141	Personal and Social Health ¹	4
HLTH 143	First Aid and CPR: Emergency Response ¹	2
HLTH 220	Introduction to Health Education and Health Promotion	2
HLTH 340	Comprehensive School Health Programs	2
FND 321	Nutrition ¹	4
BIOL 101	General Biology ¹	4
BIOL 306	Human Anatomy and Physiology	4
ENVR 103	Ecosystems and Human Influence	4
SOC 332 or SOC 231	Society and Human Sexuality Sociology of Families	4
EDUC 386	Health Methods of Teaching (required methods of teaching course)	4
Successful completion of the Secondary/K-12 required coursework		31
Total Hours		68

¹ Students double majoring in physical education and health education are allowed to double count BIOL 101 General Biology, HLTH 141 Personal and Social Health and HLTH 143 First Aid and CPR: Emergency Response, PED 252 Prevention and Care of Sport-Related Injuries, and FND 321 Nutrition.

Degree and Graduation Requirements

In addition to the program-specific requirements listed above, all students must complete the graduation requirements specified for their degree. See the Degree and Graduation Requirements (<https://catalog.concordiacollege.edu/undergraduate-academic-community/degree-graduation-requirements/>) section for more information.