



# Health Promotion & Exercise Sciences (<https://www.wcsu.edu/hpx>)

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[School Health Education](#)

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## School Health Education

### Bachelor of Science in Health Education

#### Program Description

#### Program Goals:

##### *Program Objectives*

Graduates of the B.S. Health Education (PK-12) Certification Program will be prepared to:

1. Apply health content knowledge as competent health educators.
2. Assess individual and community needs for health education.
3. Plan effective health education programs.
4. Implement health education programs.
5. Evaluate effectiveness of health education programs.
6. Coordinate provisions of health education services.
7. Act as a resource person in health education.
8. Communicate health and health education needs, concerns, and resources (<http://www.nchec.org>).
9. Prepare students with the proficiencies to become life-long learners, provide the skill needed to contribute to a healthy lifestyle, and improve quality of life for themselves and the students they educate.
10. Provide a comprehensive and multidisciplinary academic curriculum that prepares graduates for careers in a variety of health education fields.
11. Prepare students to meet the standards set by state and national credentialing organizations for health educators.
12. Provide a comprehensive approach to health and wellness education emphasizing the connection and interdependency of individuals, school, family and community.

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7. Act as a resource person in health education.
8. Communicate health and health education needs, concerns, and resources (The National Commission for Health Education Credentialing, Inc. at <http://www.nchec.org>).

## Admission and Degree Requirements:

1. Within the first academic year as an Education Major, you are required to register, take and pass PRAXIS I. Scheduling obtained at: Educational Testing Service (ETS) – [www.ETS.org](http://www.ETS.org).
2. A minimum 3.0 GPA at 30 credits is required to attain official Health Education major status. This will be designated by the Registrar's Office in Banner.
3. A minimum 3.0 GPA is required at 60 credits to remain in the Education program. Candidates not maintaining the minimum GPA will be advised to seek another major but may apply for readmission to the BS Health Education program during junior year, once the cumulative GPA threshold has been met.
4. In the spring semester of junior year (April 1 deadline), candidates are to apply online for the Professional Development Semester (PDS). The application process includes an interview with health faculty members. Students must have a 3.0 GPA.
5. At the beginning of senior year, candidates are to apply online for student teaching placement. Student teaching is performed during the spring semester of senior year. All health education majors must present at least a 3.0 cumulative average for all courses taken in their academic and professional education course work. The student teaching requirement for health education majors consists of one full semester (70 contact days) of supervised teaching.
6. During the student teaching semester, students must concurrently register for ED 340 and HPX 460. No other courses may be taken during this semester. Students are responsible for providing their own transportation to and from the school to which they are assigned for student teaching. Students earning less than a "P" grade in student teaching may be required to complete additional student teaching and/or course work before receiving a recommendation for graduation and certification. Students must present at least a 3.0 cumulative average in academic and professional required courses to graduate in the health education program. All professional education course work must be completed.
7. All students must have a Tk20 account and fingerprint clearance.
8. In order to become certified as a public school teacher, the PRAXIS II Health Assessment examination must be passed. The exam tests essential health area knowledge. All PRAXIS II exams are now being offered by the Educational Testing Service (ETS). Passing scores on PRAXIS II are essential for program completion and subsequent recommendation for certification. Copies of the PRAXIS II exam scores must be sent to the university's education certification officer. All requirements for this degree are listed below, and a



program sheet may be obtained from the student's academic advisor, department chair, or on the HPX Department website.



**Program Disclaimer:** *Please note that Connecticut teacher certification regulations are subject to change due to legislative proposals and mandates; the information contained herein may not reflect the most recent modifications in the WCSU Education program. Therefore, it is imperative that students check often with their advisors and attend Health and Education Department information sessions for updates and new requirements.*

### Course Restrictions

For a complete list of prerequisites, co-requisites and other restrictions for all courses, please consult the **Health Education Program Catalog (<https://catalogs.wcsu.edu/ugrad/sps/programs/health-promotion-and-exercise-sciences/>)**.

### Recommended Professional Education Course Work

*Note:* Students should not be registered for any other courses during the student teaching semester; Field experience components require that students provide their own transportation to and from their assigned schools.

To graduate, students must complete all general education requirements, the courses and credits listed below and free electives to total a minimum of 120 semester hours, including HPX physical activity requirement.

PSY 100 Introduction to Psychology\*  
 SOC 100 Introduction to Sociology\*  
 BIO 105, 106 Anatomy and Physiology I & II\*  
 COM 161 Decision Making in Groups\*  
 ENG or WRT Writing Intensive Course (W)\*  
 HIS 148 American History to 1877\* or HIS 149 American History since 1877\*  
 ED 206 Introduction to Education\*\*  
 ED 211\*\* Educational Psychology: Children & Adolescents I  
 ED 212\*\* Educational Psychology: Children & Adolescents II  
 ED 314\*\* Multicultural Diversity  
 ED 340 Assessment of Teaching Strategies  
 ED 440 Integrating Language\*\*  
 EPY 405 Introduction to Special Education\*\*  
 HPX 100 Health Promotion and Maintenance\*\*  
 HPX 160 First Aid & Safety\*\*  
 HPX 177 Fitness for Life\*\*  
 HPX 205 Nutrition and Health\*\*  
 HPX 215 Health Issues in the Schools\*\*  
 HPX 230 Drug Studies\*\*  
 HPX 253 Concepts of Disease\*\*  
 HPX 271 Health Education Programs in the Community\*\*  
 HPX 311 School Health Programs\*\*  
 HPX 352 Mental Health\*\*  
 HPX 355 Human Sexuality\*\*  
 HPX 371 Health Communication Methods and Strategies\*\*  
 HPX 386 Health Education Professional Development School Experience  
 HPX 460 Health Education Student Teaching Seminar\*\*  
 HPX 464 Student Teaching

**Total 120 Semester Hours**

\* Minimum of "C" grade required

\*\* Minimum of "B" grade required

3.0 QPA for a B.S. Degree



In order to register for student teaching, health education majors must present at least a 2.8 overall GPA. Students are advised not to register for other courses, except for ED 340, HPX 460 and HPX 464, or be working in other jobs during this semester. A student teaching application (available at the education office) must be filed with the chairperson of the education department during the semester just prior to the student teaching semester. The student teaching requirement for health education majors consists of one semester. Students are responsible for providing their own transportation to and from their assigned schools.

Students earning other than a "P" grade in student teaching may be required to complete additional student teaching and/or course work before receiving a recommendation for graduation and certification. Students must have at least a 2.8 cumulative GPA in all courses to graduate as a health education major.

**Health Education Program Information (Catalog) (<https://catalogs.wcsu.edu/ugrad/sps/programs/health-promotion-and-exercise-sciences/>)**

**PRAXIS Information**

To complete the health education degree program, the student must pass the Health PRAXIS II examination. The PRAXIS II exam tests health subject area knowledge. The Initial Educator Certificate will be issued by the State of Connecticut upon completion of program requirements and the passing of PRAXIS II (0550). All CONTENT exams are being offered by the Educational Testing Service (ETS). ETS utilizes the national teacher examination (PRAXIS) specialty area tests for CONTENT requirements. Additionally, students are encouraged to sit for the national CHES exam.

**PRAXIS I WAIVER ([https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fportal.ct.gov%2F-%2Fmedia%2FSD%2FCertification%2Fcertainert\\_january2015.pdf%3F%3Den&data=04%7C01%7Crichardsont](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fportal.ct.gov%2F-%2Fmedia%2FSD%2FCertification%2Fcertainert_january2015.pdf%3F%3Den&data=04%7C01%7Crichardsont))**

**url=https%3A%2F%2Fportal.ct.gov%2F-**

**%2Fmedia%2FSD%2FCertification%2Fcertainert\_january2015.pdf%3F%3Den&data=04%7C01%7Crichardsont**

**Criminal History Record Check (Fingerprinting) (/hpx/wp-content/uploads/sites/56/2017/10/Criminal-History-Record-Check.pdf)**

**Professional Semester Information**

*Application and Submission Process for Professional Program Acceptance*

Applications for professional program acceptance can be obtained at the department of health promotion and exercise sciences (BR 230). Before the process of screening for professional program acceptance, applications must be filed with the school health coordinator of the health promotion and exercise sciences department.

**Professional Semester Application (<https://www.wcsu.edu/hpx/wp-content/uploads/sites/56/2022/03/PDS-and-Student-Teaching-Application-2022-2023-1.pdf>)**

*Criteria for Professional Program Acceptance*

Students seeking admission to any of WestConn's teacher education certification programs must have completed and met the following criteria. The following deadline dates must be met for students applying for professional teacher education program acceptance. The deadline date for Fall semester admittance into a Professional Teacher Education Program is 12 noon on April 1st. You must have all of your materials submitted to the Health Education Program Coordinator by the deadline date. After your materials have been submitted and reviewed, you will be contacted for an interview with faculty.

Candidates must:



1. Pass a Connecticut state mandated basic skills examination (PRAXIS I) in mathematics, reading and writing, or must obtain a waiver from the State Department of Education by presenting a combined score of 1,100 or more with no less than 450 on either the verbal or math subtest. If the SAT was administered prior to March 31, 1995, the candidate must present a combined score of 1,000 with at least a score of 400 on both the verbal and the math sections. It is the student's responsibility to apply for this waiver. (Students may present a passing score on a similar test for another state with which Connecticut has certification reciprocity agreements). Information concerning the PRAXIS I exam and waiver information is available in the Office of the Dean of Professional Studies, Midtown campus, 123 White Hall, (203-837-8575) or in the Education Office, Westside campus, Classroom Building 249 (203-837-8510).
2. Present at least a 2.8 cumulative GPA for undergraduate courses taken prior to professional program acceptance (approximately 90 credits and reflecting courses in progress). Note: The 2.8 cumulative GPA requirements is effective for all students, including any change of majors. All work done both at WestConn and other colleges will be considered in the computation of the cumulative grade point average. Note: Students with less than a cumulative 2.8 grade point average will not be admitted to or retained in the program.
3. Completed the university's general education requirements (42 semester hour minimum) in communications, humanities, social and behavioral sciences, natural sciences and mathematics/computer science, and exercise science, as well as complete a writing intensive course.
4. Complete with a minimum grade of "B" in the following education courses:
  - ED 206 Introduction to Education
  - HPX 215 Health Issues in the Schools (Grades PK-12)
  - EPY 204 Adolescent Development in School Setting
5. Prepare and present an essay demonstrating a command of the English language identifying reasons for wanting to enroll, emphasizing experience relevant to teaching health.
6. Present at least two letters of recommendation from persons outside the university who are able to testify to the candidate's suitability as a prospective health teacher.
7. Participate in an interview with health education faculty members who will assess personal attributes that suggest potential performance as a teacher.

### The Professional Development School (PDS) Experience

Candidates for teacher certification who are enrolled in the health, music and secondary education professional programs at WestConn are placed in public school classrooms for two weeks in conjunction with their educational methods courses in the areas of: instruction, assessments, integrating language, and content practices. Student candidates work with students under the direction of public school classroom teachers and are also supervised by university faculty. During the fall semester, **health and music** education candidates spend one week in an elementary/middle school placement and one week in a secondary school placement. (Danbury or area schools) **Secondary** education candidates spend one week in a middle school placement and one week in a high school placement.

**Health Education PDS Handbook** (</hpx/wp-content/uploads/sites/56/2017/10/Health-Education-Professional-Development-Semester-Handbook-Fall-2011.pdf>)

**Health Education Honors & Scholarship Opportunities** (</hpx/wp-content/uploads/sites/56/2017/10/Health-Education-Honors-and-Scholarship-Opportunities.pdf>)

## Professional Certifications



The first level of certification is the three-year initial educator certificate. This certificate is issued to applicants who meet all eligibility requirements, and who have fewer than three full school years of appropriate successful teaching experience in the past 10 years.

### Initial Educator Certificate as a Health Educator (PreK-12)

(<http://www.sde.ct.gov/sde/lib/sde/pdf/cert/obtaining1109aw.pdf>)

Health Education students are also eligible to become a **Certified Health Education Specialist**

(<http://www.nchec.org/exam/overview>)

### Denial From the Student Teaching/Clinical Experience

Superintendents, school district facilitators, cooperating teachers, principals, University supervisors and the Education and the Educational Psychology Department in consultation with the appropriate Arts & Sciences, health or music teacher education faculty reserve the right to dismiss the student from any student teaching/clinical experience. When problems arise during a student teaching/ clinical experience, the University supervisor must notify the student teaching coordinator. The coordinator then forwards any information to the Chair of the Education and Educational Psychology Department who in turn informs the student of any decision. A recommendation for dismissal can be based on, but not limited to:

1. An absence of five or more consecutive teaching days in a fourteen week (requires 70 full days) assignment or three or more consecutive days in a seven week (requires 35 full days) assignment, without presenting a verified explanation.
2. A failure to demonstrate the state mandated teaching competencies during student teaching or any clinical experience.
3. Drug or alcohol abuse.
4. Allegation or conviction for sexual, physical or emotional intimidation, harassment or abuse of PK-12 students.
5. Felony indictment.

The affected student has the right to request, in writing, within seven days of a notification of dismissal, a hearing with the University's teacher supervisor, the student teaching coordinator and the Chair of the Education and Educational Psychology Department. The reason(s) for dismissal shall be identified. The affected student has the right within two weeks of the hearing date to appeal, in writing, his/her dismissal to the Dean of Professional Studies.

Additional Information is posted in Student Teaching requirements on the Education and Education Psychology website.



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## Contact us

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