

Health and Physical Education reflects and advances the Mission of Augsburg College

The way we are based in the liberal arts...

The Health and Physical Education program provides a broadening experience through the use of the psychomotor, cognitive and affective domains. Through Physical Education an individual learns physical skills, gains knowledge of how to choose activities that promote health and develops an appreciation for an active lifestyle.

The department provides students the opportunity to experience their personal growth through wellness while providing them with hands-on experience in the public schools related to their profession, and therefore, allows them opportunity to apply their philosophical knowledge from the classroom into "real life" situations. Health and Physical Education focuses on the "whole" person.

This discipline has an emphasis on the human body. Discovering the body is an ongoing process. In Health and Physical Education, we are enabling students to become aware of, and knowledgeable about, their physical being through participation in fitness and sport activities and driving toward the attainment of life-long well-being. The more a person understands and respects his/her body the strength for the appreciation of life and mankind will exponentially flourish.

Examples of the way we are based in the liberal arts...

- Activity classes encourage participation in life long healthy activities and give students the skills necessary to live a physically active life.
- HPE major students go into the K-12 classrooms, work with professionals and teach lessons to further explore their profession.
- Students learn about the body, biologically, chemically, psychologically, and physiologically; which encompasses interdisciplinary learning.
- In HPE 410 (Administration and Supervision of the School Health Program), Health Education students go out to schools and interview an Administrator concerning the eight facets of Coordinated School Health (CSH), make connections between facets and propose a CSH plan for the school.

The way we are shaped by the faith and values of the Christian church...

Through their passion for human movement, students prepare for a vocation which will focus on helping others find real joy in moving their bodies and enjoying a healthy life style. Health and Physical Education serves the community by educating individuals on physical, emotional, mental, and spiritual well-being.

Early on in this major they have the opportunity to explore "vocation" by being in "real" school settings. HPE 340 (Organization and Administration of Physical Education Programs) and HPE 410 (Administration and Supervision of the School Health Program) gives students an opportunity to construct their own philosophies of physical and health education, determining and clarifying personal beliefs and aligning their beliefs with the profession to make sense to the individual.

All methods courses and student teaching emphasize inclusiveness of all persons. Students brainstorm ways to provide for each individual within their classrooms.

This profession has an emphasis on the human body. Discovering the body is an ongoing process. We are frequently updating health benefits as well as the risks that we place upon the human body. Often, we are wrong or corrected about the sciences behind the human body. The body still remains a mystery in many areas. As the student learns about human performance, he/she learns to question the science behind performance. Each student begins to realize that he or she is an experiment of one (what works for one, may not work for another). Individual approaches are taught.

Examples of the way we are shaped by the faith and values of the Christian church...

- Take individual interest in human movement and translate it into a vocation.
- Engage children and adults in diversity through involvement with the public schools.
- Curriculum places students in leadership roles and facilitates their growth and development as leaders.
- Activity classes offer students opportunities to work together and consequently develop appreciation for each other as unique individuals.

The way we are shaped by the context of a vital metropolitan setting...

Health and Physical Education can be taught in a variety of settings to an urban population. The universal appeal is teaching people to effectively move their bodies, which help create an appreciation for physical activity.

Our department gets out of the classroom more than most. Our activity classes are frequently walking, jogging, and biking through our neighborhoods. Additionally, our lecture classes are often outside collecting data regarding human performance. In our methods courses, K-6 and 7-12 games and activities courses, students are out in the schools teaching side by side with an experienced educator.

Our department provides its students with opportunities to observe and become involved in the education community (Sports Extravaganza, classroom observation and teaching, etc.) Not only do these help our students, but also provide the community with valuable knowledge and skills related to our fields.

The way we are shaped by an intentionally diverse campus community...

A physical education program that offers a variety of opportunities can enrich the diverse student population at Augsburg.

Discovering the body is an ongoing process. Racial and gender differences exist and are embraced in this department. In exercise physiology we frequently discuss the uniqueness of race and gender.

Health and Physical Education students are exposed to students from diverse backgrounds in a variety of settings. They are afforded the opportunity to take what they've learned in the classroom and apply it to "real" teaching situations long before they ever student teach.

Examples of the way we are shaped by the context of a vital metropolitan setting and by an intentionally diverse campus community . . .

- HPE 110 (Personal and Community Health) students go into the Cedar Riverside neighborhood, researching and analyzing health services offered in the community. They then construct a directory of services with descriptions, availability, and pricing.
- HPE 254 (Introduction to Developmental and Adapted Physical Education) – HPE students direct the Sports Extravaganza, teaching children with disabilities in grades 3-6. 200-240 elementary aged students from Minneapolis, St. Paul and the surrounding suburbs are on campus for this 1-day event. Middle school students at Cedar Riverside School help with the Sport Extravaganza. Also we spend 1 class period observing Emotional/Behavioral Disability students at St. Joseph's in Minneapolis.
- HPE 324 (K-6 Physical Education Game and Activities) - in addition to teaching peers in the gymnasium, students spend 20 hours out in the schools working side by side with a physical educator learning to teach elementary aged students.
- HPE 335 (Outdoor Education) - students teach compass reading and traverse wall activities at Roosevelt High School in Minneapolis.
- HPE 365 (Physical Education Methods K-6) - students observe and teach full solo lessons at Hale Elementary in Minneapolis. We also spend 2 class periods observing the teaching styles of "seasoned" physical educators. Also this fall Cedar Riverside requested physical education activities that were appropriate for K-2 and this class put together a notebook of activities.
- HPE 368 (Physical Education Methods 7-12) and HPE 390 (Instructional Methods and Materials in Health Education) - students observe and teach full solo lesson at local middle and high schools.
- HPE classes bring in guest speakers with disabilities and represent the diversity of the city.
- Students visit non-profit health related agencies in the Cedar Riverside community and then report back to their peers on the purpose of the agency, and any health education services that might be used in the schools or services provided for school health educators.
- Health and Physical Education activity courses use other community recreational facilities – Bowling- Memory Lanes, Rock Climbing- Vertical Endeavors, Kayaking- Lake Calhoun.
- Health and Physical Education students have student teaching placements in the city.
- Heart on the Hill – Health and Physical Education students attend a rally at the state capital as partners advocating for education.
- Mothers of students come into women's weight training class on Bring Your Mother to Weight Training Day.
- HPE 450 (Current Health Issues) - current health topics are studied which are often controversial. Each student is responsible for taking a researched stand in a debate with peers.
- HPE students help teach physical education at Cedar Riverside School.
- Faculty teach and students assist with an exercise class for elderly Somalian women at Cedar Riverside apartments.
- We offer different activities to attract a wide variety of students.

- We teach multi-cultural activities in HPE 324 (K-6 Physical Education Games and Activities) and HPE 334 (7-12 Sport Skills and Activities).
- HPE classes provide lifetime activities for the physically challenged.