

Department of Health & Exercise Science (HES)

HEALTH & PHYSICAL EDUCATION TEACHING (HPET) PROGRAM

FREQUENTLY ASKED QUESTIONS

GENERAL INTEREST

How long is the program?

- The program is 32 course units. For transferability, one course unit equals four (4) semester hours. The College of New Jersey will transfer in courses based on this same formula, i.e., a 3 semester hour course will equal .75 course units. Following the course path at right, the program takes four years.

How is TCNJ different from other HPET Programs?

- TCNJ places emphasis on helping to develop tomorrow's leaders in the field of Teaching. Our program will not only help you develop excellent teaching skills, but it will help you expand your awareness of district, state and national issues surrounding the profession. We pride ourselves on preparing our graduates to continue setting goals for themselves that will take them on to positions of professional leadership.

How academically rigorous is the program?

- TNCJ is academically demanding. However, excellent instruction, student-centered faculty, and student support services allow us to maintain a very high retention rate. Our program requires a rich background in the sciences and pedagogy. We challenge our students to build on this background because we believe it is essential in order to empower our graduates not only to succeed in their profession, but also to excel.

What is the average class size?

- Typical HPET classes range from 10-20 students. We strive to limit clinical groups to eight students (two fewer than the maximum allowed by state law).

THE FACULTY

What is the Faculty-to-Student ratio?

- The average Faculty-to-Student ratio within the HPET program 1 to 15 which provides for a student-centered environment.
- Who will be my Faculty Advisor?
- Upon matriculation to The College, each student is assigned an advisor within the HES Department from the members of the full-time faculty. You may change your advisor at any time simply by making a request through the Department Program Assistant.

What should I know about the faculty?

- The Faculty is comprised of dedicated HPE teaching and exercise science professionals representing a wide range of roles. Our faculty members are highly student-focused, making themselves available and approachable to students both in and out of the classroom.

CLASSROOM FACILITIES

Where will I attend classes?

- The majority of HPET courses are held in Packer Hall (in addition to field experience course held in local K-12 schools and community sites). Other required courses that are not offered through the HES Department (e.g. Liberal Learning, Biology, Education, etc.) are offered at a variety of locations across campus.

What computer resources are available to me?

- Packer Hall is home to one of the College's computer labs. It is located on the same floor as most of the HPET courses, and is easily accessible between or after classes. Additionally, a number of labs are located throughout campus, including those in the library and the residence halls.

What lab resources are utilized by the Department of Health & Exercise Science?

- The HES Department is home to two sophisticated learning labs. The Human Performance Lab is used primarily for faculty research where HES majors are encouraged to be involved. The Performance Enhancement Center provides students with the opportunity to learn, explore, and implement best practices in HES.
- HPET majors will use classroom and gymnasium facilities that replicate the real world.

CURRICULUM

1ST FALL SEMESTER:

- Freshman Seminar
- Foundations of HES
- Sports Concepts & Skills
- Human Form & Function

1ST SPRING SEMESTER:

- Academic Writing
- Lifespan Wellness Activities
- Current Health & Wellness
- Historical Perspectives

2ND FALL SEMESTER:

- Anatomy & Physiology
- Motor Development/Elementary Movement
- Child and Adolescent Development
- Literary Visual & Performance Arts

2ND SPRING SEMESTER:

- Anatomy & Kinesiology
- Methods of Elementary HPE (FE 1)
- Assessment & Evaluation in HPE
- Issues in School Health

3RD FALL SEMESTER:

- Adapted Kinetics
- Outdoor Education
- Methods of Secondary HPE (FE 2)
- Nutrition & Metabolism

3RD SPRING SEMESTER:

- Applied Physiology
- Comprehensive School Health (FE 3)
- World Views Ways of Knowing
- Quantitative Reasoning

4TH FALL SEMESTER:

- PK-12 Pre-Student Teaching: Field Experience (FE 4)
- Liberal Learning: A&H or NS/QR
- Elective
- Elective

4TH SPRING SEMESTER:

- Student Teaching
- Capstone Seminar
- Elective

FIELD AND STUDENT TEACHING EXPERIENCES

How many Teaching Experiences are required?

- Although most classes have an experiential component, there are four structured field experiences and two semesters of student teaching that all teacher candidates must have in order to complete the program. All field experiences require teacher candidates to observe, plan, and teach for the desired content area.

When do I begin Field Experiences (FE)?

- The first takes place in the fourth semester with FE continuing each semester for the remainder of the program.

Where are Field Experiences conducted?

- The HPET Program, in conjunctions with the School of Education and the STEP Office, have developed partnerships with surrounding school districts. Field placement and student teaching sites are within a 35-mile radius of the college.

Will I be able to indicate a preference for my Field Experience sites?

- Sites are determined by the HPET Program Coordinator. Placements are established to provide opportunities in diverse settings (urban/suburban/elementary/secondary). If transportation is a concern, placement locations closer to the College may be requested.

How many hours per week are devoted to Field Experiences and Student Teaching?

- For field experiences, teacher candidates spend between eight and ten hours each week in their school placements. Candidates complete 175 hours in Pre-Student Teaching and ~400 in Student Teaching.

What certification will be obtained?

- Upon successful completion of the HPET program, passing PRAXIS II scores, and edTPA requirements, a certification for K-12 Health & Physical Education will be earned.
- Successful completion of Driver's Education will also allow teacher candidates to obtain Driver's Education certification.

TRANSFER STUDENTS

As a transfer, how long can I expect the program to take?

- As the number of credits and level of experience each transfer student brings are different, it is difficult to universally predict the length of our program. We have found, however, that students transferring in with an A.S. degree from a Community College have between four and five semesters remaining in our program.

Who evaluates my transcripts?

- Transfer transcripts are evaluated both by The College's Office of Records and Registration, and by the Chair of the HES Department.

How many credits can I transfer?

- Students may transfer no more than 80 credits into our program, and no more than 64 of these may come from two-year programs. The College of New Jersey requires that no fewer than 48 credits be taken at TCNJ in order to fulfill our residency requirement.

OUTCOMES

What is this program's PRAXIS II: HPE pass rate?

- For year 2014 – 97% pass rate.
- For year 2015 – 92% pass rate.
- 93% first time pass rate for the past 5 years.

What percentage of your graduates become employed?

- The HPET program has ~86% of graduates employed in a related teaching or recreational position within one year of graduation. A small number of students go onto graduate school.

CONNECTION WITH HES NON-TEACHING PROGRAM

Is it possible to double major in HPET & HESA?

- Unfortunately not. The HPET program requires several core science classes that are required for majors in both tracks. However, if a HPET major is interested in additional courses within the HESA program, a program design may be created to fulfill the requirements in both tracks.

What steps need to be taken to transfer in to/out of the major?

- Transferring guidelines for other majors differ between programs. For the HES Department there is a process to transfer into the HESA/HPET track. Minimal requirements must be met and space in the department is necessary.

CONNECTION WITH THE PROFESSION

Are there additional requirements for the program?

- All HES majors are required to be part of the department student organization club and participate in professional development experiences. The club allows students to collaborate and contribute to the community or profession in a meaningful way. Professional development allows for a broader scope of how theory and practice meet, as well as provides interactions opportunities for professional relationships to develop or expand.
- Annual fitness testing is completed by all HPET majors in order to meet accreditation guidelines.

TEACHING BEFORE GRADUATION?

Can I teach before program completion?

- A substitute teaching certification can be earned after 60 credits have been successfully completed. Credits may be in any content area.

ALTERNATIVE COURSE OPTIONS

What options do you offer for distance learning or internet based classes?

- The HES Department offers select blended and online courses. However, most courses are taught on campus because we place great emphasis the role of developing a community of teaching professionals. Our challenge is to find ways to present distance learning options while preserving the mentoring and collegial relationships fostered in our curriculum.

Tuition Rates can be found on the Office of the Treasurer/Student Accounts webpage.

<http://studentaccounts.tcnj.edu/tuition-fees-archive/tuition-fees/>

CONTACT AND APPLICATION INFORMATION

For more information please contact the office at The College of New Jersey Department of Health & Exercise Science 609-771-3034. The Chair of the Department of Health & Exercise Science is Dr. Anne Farrell.

You can also obtain more information by visiting our web site:

[www. http://hes.tcnj.edu/](http://hes.tcnj.edu/)

To receive an application to The College of New Jersey, or for information about visiting the TCNJ campus, please contact:

The TCNJ Office of Admissions

phone:609.771.2131

fax: 609.637.5174

The application deadlines for enrollment can be located on the Admissions webpage; <http://admissions.tcnj.edu/>

