

# Health and Physical Education



"My degree from Bethel gave me a solid foundation with which to pursue further knowledge and practical experience in my graduate studies at Wichita State University. That eventually led to what's been a great professional career thus far."

—Shay Wyatt '93, Layton, Utah, executive director of the Wildcat Club at Weber State University, Ogden, Utah



## Question

How will I know if this is the right major for me?

## Answer

From the start, your faculty advisor will work with you to set up a course schedule and help you explore options available in health and physical education as a major. To know if this is a good field of study for you, consider these questions: Do you like physical activity? Do you enjoy sports and working out? Do you like working with people? Do you want to help them improve their health? If so, then this might be the ideal major for you. One goal of Bethel College's health and physical education program is to help people lead active and healthy lives.

## Question

What courses will I need for a degree in health and physical education from Bethel College?

## Answer

Among the requirements are:

- First Aid, Safety and CPR
- Concepts in Health Fitness
- Topics in Personal and Community Health
- Prevention and Care of Injuries
- Principles of Nutrition
- Kinesiology
- Exercise Physiology
- Sociology and Psychology of Physical Education and Sport
- Management of Physical Education and Sport
- Teaching Strategies in Physical Education and Sport
- Teaching Rhythms and Movement

Other required courses include Coaching and a coaching internship.



\* Bethel



Seek.  
Serve.  
Grow.

## Question

What kind of practical experience will I get?

## Answer

Many careers in health and physical education require physical activity, so it is part of many courses. In addition, internships are required of all majors in order to give you first-hand experience in a career field that is of interest to you. Recent placements have included:

- coaching
- fitness centers
- sports management
- personal training
- community recreation
- sports information and journalism
- summer youth camps
- sporting goods sales



## Question

What can I expect after graduation?

## Answer

Bethel College graduates have been very successful in finding employment in health and physical education fields. Many school districts specifically contact Bethel for candidates for teaching and coaching positions. Other majors choose to pursue graduate study in fields such as physiology, education, sports medicine and gerontology. The growth of athletics in all parts of society has created a wide variety of other employment opportunities, including:

- event and facilities management
- sports marketing and communication
- commercial sports venues, such as golf courses, ski runs and water parks
- consulting and entrepreneurship
- safety education



*Bethel  
College*

300 East 27th Street  
North Newton, Kansas  
67117-1716

316/283-2500

[www.bethelks.edu](http://www.bethelks.edu)