

HEALTH AND PHYSICAL EDUCATION: ATHLETIC COACHING EDUCATION

BACHELOR OF ARTS

ASPIRE

EXPERIENTIAL MAJOR MAP

RETURN ON INVESTMENT FOR MAJOR

AA degree in Health and Physical Education prepares students for careers in teaching, coaching, and wellness promotion while providing a pathway to teacher licensure. Through field experiences, residency placements, and the ACE track, students gain practical experience and nationally recognized coaching credentials. Graduates leave prepared to promote healthy lifestyles, develop student-athletes, and lead successful educational and athletic programs.

THE WHO...

- Teaching health, physical education, and wellness
- Coaching and mentoring student-athletes
- Promoting healthy lifestyles and lifelong fitness
- Developing leadership, teamwork, and sportsmanship
- Working with students in classroom and athletic settings
- Inspiring others through physical activity and education
- Making a positive impact on schools and communities

THE WHY...

- Leadership and motivation
- Communication and relationship building
- Coaching and instruction
- Teamwork and collaboration
- Health and wellness promotion
- Problem-solving and decision-making
- Program planning and management
- Professionalism and ethical leadership

THE WHAT

- Health Teacher
- Physical Education Teacher
- Athletic Coach
- Strength and Conditioning Coach
- Athletic Director (with experience)
- Recreation Coordinator
- Wellness Program Coordinator
- Youth Sports Director
- Community Health Educator

ALUMNI SPOTLIGHT

"I started college unsure of my direction, but the ASPIRE major map helped me stay focused. I followed the steps—attended networking events, secured internships, and built a portfolio through my capstone. By senior year, I wasn't scrambling—I was prepared. I received a full-time offer from my internship site before graduating."

HILLTOP ADVANTAGE

Health and Physical Education students combine classroom instruction with hands-on field experiences, coaching opportunities, and faculty mentorship. The Athletic Coaching Education (ACE) track provides preparation in coaching principles, leadership, injury prevention, and athletic program management while offering opportunities to earn coaching certifications valued by schools and athletic organizations.

TOP SKILLS

- Coaching & Leadership
- Health & Wellness Education
- Communication
- Team Building
- Classroom Management
- Program Planning
- Injury Prevention & Safety
- Motivation & Mentoring
- Collaboration
- Professionalism

ASPIRE - Experiential Major Map

	FIRST YEAR	MIDDLE YEARS	LAST YEAR	
A ACADEMIC MASTERY	- Explore careers in Health Education, Physical Education, Coaching, Recreation, and Wellness. - Build foundational knowledge in health, fitness, anatomy, and human performance. - Complete introductory coursework in Health & Physical Education and teacher education. - Develop a plan for meeting Teacher Education admission requirements. - Complete the Mini-Residency Form to Begin Your Field Experience Mini-Residency Form	- Complete coursework in motor development, kinesiology, physiology of exercise, nutrition, and community health. - Successfully complete EDUC 301 and meet all Admission Point 1 requirements for the Teacher Education Program. Admission Point 1 Application - Develop instructional strategies for teaching health and physical education across grade levels. - Gain experience with assessment, fitness programming, and adapted physical education	- Demonstrate proficiency in curriculum design, assessment, and classroom/gymnasium management. - Pass all required Praxis II content examinations. - Successfully complete all Residency 1 requirements. - Successfully complete Admission Point 3 (Admission to Residency 2) requirements. Admission Point 3 Application - Prepare for licensure and employment as a Health and Physical Education teacher.	ACADEMIC SUCCESS CHECKLIST - Make an appointment with your academic advisor - Visit faculty during office hours - Attend 5 12:15 series - Create a resume and LinkedIn profile - Attend a professional network session - Attend the Org. Fair - Attend an event during Topperfest 
S SELF-DISCOVERY & STRENGTHS	- Explore your interests in fitness, wellness, coaching, health promotion, and teaching. - Assess personal leadership, communication, and teamwork strengths. - Observe Health and Physical Education teachers across grade levels.	- Develop a philosophy centered on lifelong wellness and physical activity. - Identify strengths in instruction, coaching, motivation, and student engagement. - Seek mentorship from faculty, coaches, and practicing educators.	- Refine your professional identity as a health and physical educator. - Develop a professional growth plan and employment strategy. - Explore graduate programs and advanced certifications.	
PI PROFESSIONAL PREPARATION INTEGRATIVE & EXPERIENTIAL LEARNING	- Participate in intramurals, fitness activities, wellness events, and community outreach. - Begin documenting field experiences and professional accomplishments. - Obtain and maintain required certifications and clearances. - Attend study abroad or experiential learning info sessions	- Complete practicum and field experiences in school and community settings. - Design and teach lessons promoting physical activity, health literacy, and wellness. - Complete a minimum of 125 field hours and successfully meet all Admission Point 2 (Admission to Residency 1) requirements. Admission Point 2 Application. - Gain experience using fitness assessments and instructional technology.	- Complete Residency 1 and Residency 2 placements in Health and Physical Education settings. - Complete at least 250 hours during Residency 1 and 500 hours during Residency 2. - Complete the WV Teacher Performance Assessment, Professional Portfolio, and Mock Interview. - Apply for certification and professional employment.	
RE RELATIONSHIPS & LEADERSHIP ENGAGEMENT & WELL-BEING	- Join Education Club and Health & Physical Education organizations. - Participate in campus wellness and recreational activities. - Build relationships with faculty, coaches, and peers.	- Serve in leadership roles within clubs, intramurals, athletics, or wellness initiatives. - Participate in service-learning opportunities focused on health promotion. - Collaborate with teachers, coaches, and community partners.	- Network with athletic directors, principals, health educators, and recreation professionals. - Participate in recruitment fairs and professional conferences. - Mentor younger HPE majors and teacher candidates. - Successfully complete Admission Point 4 (Completion of Program requirements) Admission Point 4 Application - Transition from student to professional educator.	