

## HEALTH AND PHYSICAL EDUCATION

15.1-21-01 In order to be approved by the superintendent of public instruction, each public and nonpublic elementary and middle school shall provide to students instruction in: ... (6) health, including physiology, hygiene, disease control, and the nature and effects of alcohol, tobacco, and narcotics.

15.1-21-02 In order to be approved by the superintendent of public instruction, each public and nonpublic high school shall make available to each student: ... (1.e) One-half unit of health.

(1.f) One-half unit of physical education during each school year, provided that once every four years the unit must be a concept-based fitness class that includes instruction in the assessment, improvement, and maintenance of personal fitness.

<b>Elementary and Middle Grades (1-8)</b>		
WHO CAN TEACH	WHAT THEY CAN TEACH	TIME REQUIRED FOR CLASS
Elem Ed Major/Minor/Endorse (K-8 or 1-8)	Health: 50083, 50084, 50085 PE: 50081, 50082, 50086	Health: Gr 1-3: 40 m/wk
Physical Ed Major/Minor <sup>4</sup>	Health: 08001, 08005, PE: 08002, 08004, 08006, 08007	Gr 4-6: 80 m/wk Gr 7-8: 50 m/wk
Science Major/Minor with Elem Endorse <sup>4</sup>	Health: 13009, 13205	PE <sup>1</sup>
Family & Consumer Science Major/Minor <sup>4</sup>	Health: 09005, 09205	Gr 1-3: 90 m/wk Gr 4-6: 90 m/wk Gr 7-8: 80 m/wk
Health Major/Minor <sup>5</sup>	Health: 18005, 18205	

<sup>1</sup>30 minutes of supervised recess may be counted as part of the ninety minutes of physical education for grades one through three.

<sup>2</sup>For elementary degreed teachers teaching in a departmentalized setting, the teacher must have an additional 8 SH of health coursework to teach these classes.

<sup>3</sup>For elementary degreed teachers teaching in a departmentalized setting, the teacher must have an additional 8 SH of physical education coursework to teach these classes. Academic preparation must include at least eight semester hours of physical education, including preparation in administration of physical education or teaching in physical education and first aid. Academic credit for varsity sports is not applicable.

<sup>4</sup>A teacher meeting the teacher preparation requirements in physical education, family and consumer sciences, or biology/anatomy/physiology and who has eight semester hours of health is qualified to teach health.

<sup>5</sup>Major/minor needs to be K-12 or the teacher needs an elementary endorsement.

<b>Secondary Grades (9-12)</b>			
WHO CAN TEACH	WHAT THEY CAN TEACH	TIME REQUIRED FOR CLASS	CONDITIONS
Physical Ed Major/Minor	Health: 08010 PE: 08015, 08030, 08031, 08032, 08034, 08036, 08038, 08051, 08052	A school is required to teach at least one unit in physical education and a quarter unit in health every two years in grades 9 through 12. (NDAC 67-19-01-32)	At the high school level, credits are determined based on contact hours. In physical education, a credit is earned for a minimum of 120 class hours. In sciences and vocational courses, a credit is earned for a minimum of 150 class hours. One-quarter credit requires 30 contact hours.
Science Major/Minor	Health: 13023		
Family & Consumer Science Major/Minor	Health: 09129		
Health Major/Minor	Health: 18010, 18015, 18051, 18052		