PHYSICAL EDUCATION AND SPORT SCIENCE

Memorial Hall, Room 123, (507) 457-5200
http://www.winona.edu/per/

Description/Objective:
The Department of Physical Education and Sport Science (PESS) exists within the College of Nursing and Health Sciences. Through traditional methods, the faculty prepare majors to become physical education teachers and coaches. The physical education major leads to a Bachelor of Science (teaching) degree. In addition, the department offers numerous physical education courses that fulfill the 2-semester hour University Studies requirements for Physical Development and Wellness.

Career Opportunities:
Graduates in the physical education major are employed as K-12 educators in private and public schools. Students can expand their career options by combining a health education major and a coaching minor and/or an adapted physical education licensure with the physical education major.

Department Programs:
B. S. Major: Physical Education (Teaching) – no minor required
B. S. Minor: Coaching

First-Year Sample Program:

Physical Education Majors
PESS 129 Perspectives of Physical Education (Fall) 1 cr.
PESS 123 Swimming & Water Safety (1 cr.) OR
    PESS 124 Water Safety Instructor 2 cr.
    PESS 125 Lifeguard Training 2 cr.
All of the following Activity Cores -
PESS 130 Individual/Dual Sports & Activities (Fall) 3 cr.
PESS 132 Rhythm, Dance Tumbling, & Movement Forms (Spring) 3 cr.
PESS 133 Team Sports and Activities (Fall) 3 cr.

After completion of two Activity Cores-
PESS 190 Introduction to Teaching Physical Education (Spring) 1 cr.