

HEALTH AND PHYSICAL EDUCATION

NDCC 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: ... (5) Physical Education, (6) health, including physiology, hygiene, disease control, and the nature and effects of alcohol, tobacco, and narcotics.

NDCC 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.

Elementary and Middle Grades (1-8)		
WHO CAN TEACH	WHAT THEY CAN TEACH	TIME RECOMMENDED FOR CLASS
Elem Ed Major/Minor/Endorse (K-8 or 1-8) ²	Health: 18001, 18005 PE: 08002, 08004, 08006, 08007, 08008, 08009	Health: Gr. 1-3: 40 m/wk Gr. 4-6: 80 m/wk Gr. 7-8: 50 m/wk PE ¹ Gr. 1-3: 90 m/wk Gr. 4-6: 90 m/wk Gr. 7-8: 80 m/wk
Physical Ed Major/Minor ³	Health: 18001, 18005 PE: 08002, 08004, 08006, 08007, 08008, 08009	
Science Major/Minor with Elem Endorse ⁴	Health: 18001, 18005	
Family & Consumer Science Major/Minor ⁵	Health: 18001, 18005	
Health Major/Minor ⁶	Health: 18001, 18005	

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

² Teachers that hold an Elementary Education Major/Minor, or Endorsement can only teach physical education and health to students in grades 1-6.

³ Teachers that hold a Physical Education Major/Minor can teach physical education and health to students in grades 1-8.

⁴ Teachers that hold a Biology Major/Minor and a Middle School Pedagogical Endorsement can only teach health to students in grades 7-8. Teachers that hold a Biology Major/Minor, a Middle School Pedagogical Endorsement, and a Middle School Science Major Equivalency can teach health to students in grades 5-8. Teachers that hold a Middle School Science Major Equivalency can teach health to students in grades 5-8.

⁵ Teachers that hold a Family and Consumer Science Major/Minor and a Middle School Pedagogical Endorsement can teach health to students in grades 5-8. Teachers that hold a Family and Consumer Science Major/Minor can only teach health to students in grades 7-8.

⁶ Teachers that hold a Health Major/Minor can only teach health to students in grades 7-8. Teachers that hold a Health Major/Minor and a Middle School Pedagogical Endorsement can teach students in grades 5-8.

Secondary Grades (9-12)			
WHO CAN TEACH	WHAT THEY CAN TEACH	TIME REQUIRED FOR CLASS	CONDITIONS
Physical Ed Major/Minor	Health: 08010 PE: 08015, 08030, 08031, 08032, 08034, 08035, 08036, 08038, 08040, 08041, 08042, 08043, 08044, 08051, 08052	NDCC 15.1-21-02, a school is required to make available to each student... (1.e) one-half unit of health, and (1.f) one-half unit of physical education during each school year.	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 career and technical education 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: 08010		