This interdisciplinary program provides students with multidimensional professional preparation in Physical Education. The curriculum combines an understanding of child and youth development with the knowledge, skills, and dispositions necessary to facilitate teaching and learning a variety of physical activities. The Physical Education major is completed by selecting one of the following two options: Teacher Certification or Child and Youth Physical Activity Specialist.

Students are accepted to the College as Physical Education majors, Teacher Certification (PETC) or Child and Youth Physical Activity Specialist (CYPAS) option. Students will be given support with program planning throughout their time at KSC and are encouraged to work with their faculty advisor regularly to review how they are meeting program requirements.

Physical Education: Teacher Certification Option
The Teacher Certification option prepares students to teach Physical Education in public schools and meets all current requirements by the State of New Hampshire for certification in physical education, grades K through 12.

Physical Education: Child & Youth Physical Activity Specialist Option
The Child and Youth Physical Activity Specialist option (CYPAS) prepares students to become physical activity leaders in one or more of the following settings: recreation, sport and dance clubs/teams, after school programs, and outdoor programs. This program does not lead to K-12 certification.