

# PHYSICAL EDUCATION

**Entry Level:** Bachelor's Degree

**\*Please Note:** BYU has a specific Physical Education Bachelor's Degree program, separate from the Exercise Sciences and Exercise and Wellness majors: <https://education.byu.edu/ted/pete>.

Physical education teachers educate children and adolescents on the many aspects of leading healthy lifestyles, from physical activity to nutrition. A physical education teacher should enjoy the active lifestyle and be able to communicate health concepts to students in various age groups.<sup>1</sup>

## **JOB REQUIREMENTS**

### **What is the exact job title?**

- Physical Education Coach
- Physical Education Teacher
- PE Teacher

### **How do I become one?**

- Earn a bachelor's degree in physical education or a closely related subject, like health education or kinesiology.<sup>1</sup>
- Complete a student teaching internship in a physical education setting.<sup>1</sup>
- Take your state's required tests for the physical education endorsement.<sup>1</sup>
- Apply for your teaching license.<sup>1</sup>
- Begin applying to open PE teacher positions.<sup>1</sup>

### **What qualities do I need?**

- Good athletic ability: Since PE teachers are telling students to make healthy choices, these adults have to model what they say to do.<sup>3</sup>
- Teaching ability: Being able to distill complex ideas into easily followed steps helps your students feel better about physical activity. Being able to teach also includes being able to recognize which students need more encouragement or a different way of explaining, and assessing learning.<sup>3</sup>
- Interpersonal skills: A physical education teacher is a model of values such as leadership, teamwork, and good sportsmanship.<sup>3</sup>
- Communication skills: Clear communications to your students helps them learn your lessons and keeps them safe. Communicating with parents and other professionals respectfully shows how you treat your students in your program.<sup>3</sup>
- Patience and adaptability: Since not all students learn in the same way or the same rate, it is important to stay patient and have different approaches.<sup>3</sup>
- Organizational skills: PE teachers often have to work in different areas or even multiple schools. Being organized keeps all of these needs together and easy to manage.<sup>3</sup>
- Creativity: Being able to adapt and find new activities keeps your classes entertaining and fun for everybody.<sup>3</sup>
- Ability to focus on students: You need to have a passion for helping children learn skills they can use in their daily lives outside of the classroom.<sup>3</sup>

1<https://www.teachercertificationdegrees.com/careers/physical-education-teacher/>

2<https://www.peteacheredu.org/salaries/>

3<https://blog.schoolspecialty.com/10-traits-great-pe-teachers/>

4<https://education.cu-portland.edu/blog/teaching-careers/physical-education-teacher/>

5<https://education.cu-portland.edu/blog/teaching-careers/physical-education-teacher/>

## **TYPICAL WORK DAY**

### **What do they do?**

- A physical education teacher instructs students about sports, physical development, health, and proper nutrition. A PE teacher has knowledge of sports and the health sciences. Physical education teachers show students not only how to play various sports, but also how physical activity benefits the muscles and overall health. PE teachers also plan activities that help make exercise-based learning more engaging for students.<sup>1</sup>

### **Where do they normally work?**

- PE teachers usually work in elementary school, middle school, high school, and other school settings.

### **What hours do they work?**

- Full-time teachers typically work eight- to nine-hour shifts from 8 a.m. to 5 p.m. However, many P.E. teachers also coach after-school sports teams, which requires flexible working hours.<sup>4</sup>

## **BENEFITS**

### **What is a typical salary in this field?**

- Physical education teacher salaries are determined by individual school districts, but vary based mostly upon experience. However, a number of other factors play a part in determining a physical education teacher's salary, such as geographic location, grade level, and the level of degree they hold.<sup>4</sup>
- According to the National Association of Colleges and Employers 2014 annual salary summary, new teacher graduates earned an average starting salary of \$40,863.<sup>2</sup>

### **Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)**

- Standard benefits are summer vacations and retirement pension plans.<sup>5</sup>

## **GROWTH**

### **What is the projected job growth?**

- Job growth for teachers is expected to be 6% through 2024.<sup>1</sup>

**Last Updated:** October 2019

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