

# PHYSICAL EDUCATION (7-12) AND HEALTH (7-12) ENDORSEMENT

Candidates seeking secondary education teacher certification with endorsements in physical education (7-12) and health education (7-12), must complete the university general education requirements, the professional education sequence, and the following endorsement area requirements.

## Requirements

Code	Title	Credits
<b>Professional Education Sequence</b>		
TED 2100	EDUCATIONAL FOUNDATIONS	3
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS	3
TED 2380	DEVELOPMENT AND LEARNING IN ADOLESCENCE	3
TED 2400	PLANNING FOR EFFECTIVE TEACHING	6
SPED 3800	DIFFERENTIATION AND INCLUSIVE PRACTICES	3
<b>Physical Education (7-12) Endorsement</b>		
KINS 1800	FITNESS FOR LIVING	3
KINS 2220 & KINS 1600	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING and FUNDAMENTALS OF RESISTANCE TRAINING	3
KINS 2310	TEACHING GAMES 1	3
KINS 2320	TEACHING GAMES 2	3
KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES	3
KINS 2430	FOUNDATIONS IN KINESIOLOGY	3
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
KINS 2800	MOTOR LEARNING	3
KINS 3300	TEACHING DANCE IN THE SCHOOLS	3
KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION	3
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3
PHHB 3030	FIRST AID	3
BMCH 4630 or KINS 4100	BIOMECHANICS APPLIED KINESIOLOGY	3
KINS 4940	PHYSIOLOGY OF EXERCISE	3
HEKI 2100 or KINS 4930	STATISTICS IN HEALTH AND KINESIOLOGY MEASUREMENT AND EVALUATION IN KINESIOLOGY	3
PEA 111V	BEGINNING/INTERMEDIATE SWIMMING	1
Select 1 credit hour from: PEA 111A - PEA 111Z or PEA 112A - PEA 112S *		1
TED 4600	CLINICAL PRACTICE AND SEMINAR: ELEMENTARY OR SECONDARY LEVEL	12
<b>Total Credits</b>		<b>78</b>

\* Except PEA 111H, PEA 112L, and PEA 112S.

## Health Education 7-12 Endorsement

The health education program is designed to prepare candidates for health education positions in secondary schools. The following hours are required for this endorsement:

Code	Title	Credits
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH	3
PHHB 2070	SUBSTANCE ABUSE AND MISUSE PREVENTION AND MANAGEMENT	3
PHHB 2310	HEALTHFUL LIVING	3
PHHB 2850	STRESS MANAGEMENT	3
PHHB 3030	FIRST AID	3
PHHB/WGST 3080	HEALTH CONCEPTS OF SEXUAL DEVELOPMENT	3
PHHB 4000	METHODS AND MATERIALS IN HEALTH EDUCATION	3
PHHB 4060	SCHOOL HEALTH PROGRAMS	3
PHHB 4960	PUBLIC HEALTH - PLANNING AND ORGANIZATION	3
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
TED 3550	SECONDARY CLASSROOM MANAGEMENT	3
TED 3690	LITERACY AND LEARNING	3
<b>Total Credits</b>		<b>37</b>

Candidates must have satisfactorily completed all required coursework prior to clinical practice.

A minimum grade of "C" must be earned in all certification requirements, endorsements, and concentrations. All grades of incomplete and any grades below "C" in these specific requirements must be removed prior to clinical practice. Candidates are responsible for contacting their advisor regarding said grades.

For courses in this major/ endorsement that require a grade of C or higher, CR/ NC is not permissible.

Candidates must have a minimum cumulative GPA of 2.75 or higher in order to be eligible for clinical practice.

### Freshman

Fall	Credits	
ENGL 1150	ENGLISH COMPOSITION I	3
MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	4
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH	3
Humanities and Fine Arts		3
Social Science with Global Diversity		3
Attend Welcome Week events; other campus events		
Advising appointment for spring: Sept. - Oct.		
Note: ENGL 1150, ENGL 1160, CMST 1110 or 2120, and approved math (Quantitative Literacy) course should be taken and passed in the first academic year		
<b>Credits</b>	<b>16</b>	

### Spring

ENGL 1160	ENGLISH COMPOSITION II	3
CMST 1110 or CMST 2120	PUBLIC SPEAKING FUNDS or ARGUMENTATION AND DEBATE	3
PHHB 2070	SUBSTANCE ABUSE AND MISUSE PREVENTION AND MANAGEMENT	3
Natural/Physical Science without lab		3
Humanities and Fine Arts		3
<b>Credits</b>	<b>15</b>	

<b>Summer</b>		
TED 2100	EDUCATIONAL FOUNDATIONS	3
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS	3
Advising appointment for fall: February - March		
Join a student organization		
Make a plan to take the Praxis Core		
<b>Credits</b>		<b>6</b>
<b>Sophomore</b>		
<b>Fall</b>		
KINS 1800	FITNESS FOR LIVING	3
KINS 2430	FOUNDATIONS IN KINESIOLOGY	3
KINS 2310	TEACHING GAMES 1	3
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
Apply to Educator Preparation Program by Oct. 1 deadline		
Advising appointment for spring: Sept. - Oct.		
<b>Credits</b>		<b>13</b>
<b>Spring</b>		
KINS 2320	TEACHING GAMES 2	3
KINS 2220 & KINS 1600	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING and FUNDAMENTALS OF RESISTANCE TRAINING	3
TED 2380	DEVELOPMENT AND LEARNING IN ADOLESCENCE	3
TED 2400	PLANNING FOR EFFECTIVE TEACHING	6
Social Science		3
Advising appointment for fall: February - March		
Identify professional organization to get involved with. Begin resume development.		
MUST attempt PRAXIS Core by August 1st and have 2.75 minimum NU GPA to progress in Educator Preparation Program.		
<b>Credits</b>		<b>18</b>
<b>Summer</b>		
KINS 2800	MOTOR LEARNING	3
PHHB 3030	FIRST AID	3
PHHB 2310	HEALTHFUL LIVING	3
PHHB 2850	STRESS MANAGEMENT	3
<b>Credits</b>		<b>12</b>
<b>Junior</b>		
<b>Fall</b>		
KINS 3300	TEACHING DANCE IN THE SCHOOLS	3
Natural/ Physical Science with lab		4
PEA 111A-Z *Except PEA 111H, PEA 112L, and PEA 112S.		1
PHHB 3080	HEALTH CONCEPTS OF SEXUAL DEVELOPMENT	3
TED 3550	SECONDARY CLASSROOM MANAGEMENT	3
TED 3690	LITERACY AND LEARNING	3
Advising appointment for spring: Sept. - Oct.		
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES	3
PHHB 4000	METHODS AND MATERIALS IN HEALTH EDUCATION	3
SPED 3800	DIFFERENTIATION AND INCLUSIVE PRACTICES	3

KINS 4940	PHYSIOLOGY OF EXERCISE	3
Advising appointment for fall: February - March		
<b>Credits</b>		<b>12</b>
<b>Summer</b>		
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3
Humanities and Fine Arts		3
<b>Credits</b>		<b>6</b>
<b>Senior</b>		
<b>Fall</b>		
KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION	3
HEKI 2100 or KINS 4930	STATISTICS IN HEALTH AND KINESIOLOGY or MEASUREMENT AND EVALUATION IN KINESIOLOGY	3
KINS 4100 or BMCH 4630	APPLIED KINESIOLOGY or BIOMECHANICS	3
PHHB 4060	SCHOOL HEALTH PROGRAMS	3
PHHB 4960	PUBLIC HEALTH - PLANNING AND ORGANIZATION	3
Apply for Clinical Practice at beginning of fall semester		
Advising appointment for spring: Sept. - Oct.		
Take Praxis II- Physical Education: Content Knowledge # 5091 and Health Education # 5551		
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
TED 4600	CLINICAL PRACTICE AND SEMINAR: ELEMENTARY OR SECONDARY LEVEL	12
Apply for graduation		
<b>Credits</b>		<b>12</b>
<b>Total Credits</b>		<b>142</b>

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

This plan is not a contract and curriculum is subject to change

**Additional Information About this Plan:**

**University Degree Requirements:** The minimum number of hours for a UNO undergraduate degree is 120 credit hours. Please review the requirements for your specific program to determine all requirements for the program. In order to graduate on-time (four years for an undergraduate degree), you need to take 30 hours each year. Information based on 2023-2024 University of Nebraska at Omaha undergraduate catalog.

**Placement Exams:** For Math, English, Foreign Language, a placement exam may be required. More information on these exams can be found at <https://www.unomaha.edu/enrollment-management/testing-center/placement-exams/information.php>

\*\*Transfer credit or placement exam scores may change suggested plan of study

**GPA Requirements:** 2.5 minimum GPA to remain in College of Education, 2.5 minimum GPA to apply to Educator Preparation Program, 2.75 minimum GPA to progress in Educator Preparation Program

# Professional education course: a grade of C or higher is required to pass the class

**Graduation Requirements:** 2.75 MINIMUM NU GPA