

# PHYSICAL EDUCATION (P-6, 7-12) ENDORSEMENT

Code	Title	Credits
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
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
KINS 2430	FOUNDATIONS IN KINESIOLOGY	3
KINS 2800	MOTOR LEARNING	3
PHHB 3030	FIRST AID	3
KINS 3060	METHODS OF PRESCHOOL AND PRIMARY SCHOOL PHYSICAL EDUCATION	3
KINS 3300	TEACHING DANCE IN THE SCHOOLS	3
KINS 3350	TEACHING & CURRICULUM DEVELOPMENT IN ELEMENTARY PHYSICAL EDUCATION	3
KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION	3
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3
BMCH 4630 or KINS 4100	BIOMECHANICS APPLIED KINESIOLOGY	3
KINS 4930 or HEKI 2100	MEASUREMENT AND EVALUATION IN KINESIOLOGY STATISTICS IN HEALTH AND KINESIOLOGY	3
KINS 4940	PHYSIOLOGY OF EXERCISE	3
Physical Education Activity Courses: Select one credit from any: 111 or 112. *		1
<b>Total Credits</b>		<b>53</b>

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

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.

<b>Freshman</b>		<b>Credits</b>
<b>Fall</b>		
ENGL 1150	ENGLISH COMPOSITION I	3
MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	4
Humanities and Fine Arts		3
Social Science		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>
<b>Spring</b>		
ENGL 1160	ENGLISH COMPOSITION II	3
CMST 1110 or CMST 2120	PUBLIC SPEAKING FUNDS or ARGUMENTATION AND DEBATE	3
Natural/Physical Science		3
Humanities and Fine Arts		3
Humanities and Fine Arts		3
Advising appointment for fall: February - March		
Join a student organization		
Make a plan to take the Praxis Core		
<b>Credits</b>		<b>15</b>
<b>Summer</b>		
TED 2100	EDUCATIONAL FOUNDATIONS	3
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS	3
<b>Credits</b>		<b>6</b>
<b>Sophomore</b>		
<b>Fall</b>		
KINS 2430	FOUNDATIONS IN KINESIOLOGY	3
KINS 2310	TEACHING GAMES 1	3
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
KINS 1800	FITNESS FOR LIVING	3
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
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>15</b>
<b>Summer</b>		
KINS 2800	MOTOR LEARNING	3
PHHB 3030	FIRST AID (OR CPR Certification)	3
<b>Credits</b>		<b>6</b>

**Junior****Fall**

KINS 3060	METHODS OF PRESCHOOL AND PRIMARY SCHOOL PHYSICAL EDUCATION	3
KINS 3300	TEACHING DANCE IN THE SCHOOLS	3
Natural/ Physical Science with lab		
PEA 111A-Z.	*Except PEA 111H, PEA 112L, and PEA 112S.	1
Advising appointment for spring: Sept. - Oct. SPRING		
<b>Credits</b>		<b>11</b>

**Spring**

KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES	3
KINS 3350	TEACHING & CURRICULUM DEVELOPMENT IN ELEMENTARY PHYSICAL EDUCATION	3
SPED 3800	DIFFERENTIATION AND INCLUSIVE PRACTICES	3
KINS 4940	PHYSIOLOGY OF EXERCISE	3
Social Science		
Advising appointment for fall: February - March		
<b>Credits</b>		<b>15</b>

**Senior****Fall**

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
KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION	3
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3
PEA 111V	BEGINNING/INTERMEDIATE SWIMMING	1
Apply for Clinical Practice at beginning of fall semester		
Advising appointment for spring: Sept. - Oct.		
Take Praxis II- Physical Education: Content Knowledge # 5091		
<b>Credits</b>		<b>13</b>

**Spring**

TED 4640	K-12 CLINICAL PRACTICE AND SEMINAR ELEMENTARY/SECONDARY	12
Apply for graduation		
<b>Credits</b>		<b>12</b>
<b>Total Credits</b>		<b>122</b>

**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

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.