

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

Secondary Education, Bachelor Science in Education - Physical Education and Health Education 7-12 Dual Endorsement Requirements

Code	Title	Credits
GENERAL EDUCATION REQUIREMENTS - 46 Hours Required		
Minimum of "C-" required		
Fundamental Academic Skills		15
ENGL 1150	ENGLISH COMPOSITION I	
ENGL 1160	ENGLISH COMPOSITION II	
Writing in the Discipline Course		
CMST 1110	PUBLIC SPEAKING FUNDS	
or CMST 2120	ARGUMENTATION AND DEBATE	
MATH 1120	INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING	
or MATH 1100	DATA LITERACY AND VISUALIZATION	
or MATH 1130	QUANTITATIVE LITERACY	
or MATH 1140	QUANTITATIVE REASONING FOR HEALTHCARE PROFESSIONALS	
or MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	
or STAT 1100	DATA LITERACY AND VISUALIZATION	
or STAT 1530	ELEMENTARY STATISTICS	
Distribution Requirements		31
Natural Science - From two disciplines and at least one lab - 7 hrs		
Social Science - From two disciplines - 9 hrs		
Humanities and Fine Arts - From two disciplines - 9 hrs		
Global Diversity - 3 hrs		
US Diversity - 3 hrs		
MAJOR REQUIREMENTS - 42 Hours Required		
**Course will satisfy UNO's General Education requirement		
^Course requires pre-requisite(s)		
All of the following:		42
TED 2100	EDUCATIONAL FOUNDATIONS (** ^)	
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS (** ^)	
TED 2380	DEVELOPMENT AND LEARNING IN ADOLESCENCE (^)	
TED 2400	PLANNING FOR EFFECTIVE TEACHING (^)	
KINS 3300	TEACHING DANCE IN THE SCHOOLS (^)	
TED 3550	SECONDARY CLASSROOM MANAGEMENT (^)	
TED 3690	LITERACY AND LEARNING (^)	
SPED 3800	DIFFERENTIATION AND INCLUSIVE PRACTICES (^)	

KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION (^)
TED 4600	CLINICAL PRACTICE AND SEMINAR: ELEMENTARY OR SECONDARY LEVEL (^)
Physical Education and Health Dual Endorsement required courses	
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH (**)
PHHB 2070	SUBSTANCE ABUSE AND MISUSE: PREVENTION AND MANAGEMENT
PHHB 2310	HEALTHFUL LIVING
PHHB 2850	STRESS MANAGEMENT
PHHB 3030	FIRST AID
PHHB 3080	HUMAN SEXUALITY
PHHB 4000	METHODS AND MATERIALS IN HEALTH EDUCATION (^)
PHHB 4060	SCHOOL HEALTH PROGRAMS (^)
PHHB 4960	PUBLIC HEALTH - PLANNING AND ORGANIZATION (^)
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I (**)
KINS 1800	FITNESS FOR LIVING
KINS 2220	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING (^)
or KINS 1600	FUNDAMENTALS OF RESISTANCE TRAINING
KINS 2310	TEACHING GAMES 1 (^)
KINS 2320	TEACHING GAMES 2 (^)
KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES (^)
KINS 2430	FOUNDATIONS IN KINESIOLOGY (**)
KINS 2800	MOTOR LEARNING (^)
PHHB 3030	FIRST AID
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE (** ^)
BMCH 4630	BIOMECHANICS (^)
or KINS 4100	APPLIED KINESIOLOGY
HEKI 2100	STATISTICS IN HEALTH AND KINESIOLOGY (^)
KINS 4940	PHYSIOLOGY OF EXERCISE (** ^)

ELECTIVES

Elective hours as required to reach a total of 120 hours

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.

Secondary Education, Bachelor Science in Education - Physical Education and Health Education 7-12 Dual Endorsement Four Year Plan

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		
Credits		16

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
Credits		15

Summer

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		
Credits		6

Sophomore

Fall		Credits
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.		
Credits		13

Spring

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.

Summer		Credits
KINS 2800	MOTOR LEARNING	3
PHHB 3030	FIRST AID	3
PHHB 2310	HEALTHFUL LIVING	3
PHHB 2850	STRESS MANAGEMENT	3
Credits		12

Junior

Fall		Credits
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	HUMAN SEXUALITY	3
TED 3550	SECONDARY CLASSROOM MANAGEMENT	3
TED 3690	LITERACY AND LEARNING	3
Advising appointment for spring: Sept. - Oct.		
Credits		17

Spring

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		
Credits		12

Summer

KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3
Humanities and Fine Arts		3
Credits		6

Senior

Fall		Credits
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

Spring		Credits
TED 4600	CLINICAL PRACTICE AND SEMINAR: ELEMENTARY OR SECONDARY LEVEL	12

Apply for graduation	
Credits	12
Total Credits	142

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 2024-2025 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