

# Physical Education and Health (K-12)



## Suggested Curriculum by Semester 2026-2027

All classes must be completed with a C or better and a 3.0 GPA in all teaching majors, minors, & options.

### Freshman Year

Fall		Spring	
Course	Cr	Course	Cr
EDU 223IS – Ed Psych and Adolescent Development	3	COA 205 – Intro to Coaching	3
HEE 242 – Intro to Teaching Health Enhancement	2	HEE 200 – K-12 Motor Learning Development	3
US Core – EDU 101US or other	3	HEE 205 – Methods of Teaching Rhythm and Movement	2
Q core – M 105Q or other	3	HEE 311 – Teaching Cooperative Games and Fitness Activities	2
University Core (IA/IH/IN)	3	HTH 220 – Human Sexuality	3
		University Core (W)	3

### Sophomore Year

Fall		Spring	
Course	Cr	Course	Cr
EDU 211D – Multicultural Education	3	EDSP 306 – Exceptional Learners	3
HEE 295 – Homeschool Program Practicum	1	EDU 347 – Managing the Learning Environment	2
HEE 303 – Methods of Lifetime Fitness Activities	2	EDU 382 – Assessment, Curriculum, Instruction	3
HEE 304 – Methods of Team Sports	2	HEE 295 – Homeschool Program Practicum	1
NUTR 221CS – Basic Human Nutrition	3	HEE 275 - Curriculum and Design for Teaching Health Enhancement	2
University Core (IA/IH/IN)	3	HEE 360 – Youth Movement Sciences	3
Electives	3	University Core (IA/IH/IN)	3

### Junior Year

Fall		Spring	
Course	Cr	Course	Cr
EDU 370 – Integrating Technology into Education	3	COA 405 – Advanced Concepts in Coaching	3
HDFS 371 – Research Methods in HHD	3	EDM 417 – Methods: K-4 Health Enhancement	3
HEE 195 – Pre-Practicum Class in Health Enhancement	1	HEE 310 – Methods of Adapted Health Enhancement	3
HEE 341 – Methods of Teaching Secondary Health Ed.	3	HEE 340 – Methods of Health Education	3
HEE 361 – Youth Movement Sciences II	3	HEE 430 – Instructional Design in Health Enhancement	1
Electives	3	Electives	3
<b>Apply to the Teacher Education Program</b>			

### Senior Year

Fall		Spring	
Course	Cr	Course	Cr
EDM 406 – Methods: 5-12 Health Enhancement	3	EDU 495R – Student Teaching	12
KIN 440R – Sports Psychology	3		
Electives	6		
<b>Submit Applications for Student Teaching &amp; Graduation</b>			Total Credits: 120+

**IMPORTANT NOTES (PLEASE READ BELOW)**

**Health Enhancement Timeline**

- Teacher Education Program Application  
(TEP)Teacher Program Entrance ..... DONE BEFORE EDM 417/406 ..... \_\_\_\_\_
- Praxis Test  
also complete for minor..... PASS PRIOR TO STUDENT TEACHING..... \_\_\_\_\_
- Student Teaching Application  
attend seminar for information ..... ONE YEAR PRIOR TO STUDENT TEACHING . \_\_\_\_\_
- Graduation Papers and DegreeWorks Final Plan completed\*\*  
EHHD Advising ..... TWO SEMESTERS PRIOR TO STUDENT TEACHING \_\_\_\_\_

\*\* If change occurs in schedule after papers are completed an add/drop memorandum must be completed.

**Grade Requirements for Graduation**

- A. Grades must be a “C” or above in ALL required classes.**
- B. Students must have a minimum 3.0 cumulative GPA for acceptance into the Teacher Education Program.

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**Check List for Graduation**

- 1. Minimum credits required for graduation: **120** ..... \_\_\_\_\_
- 2. Upper Division courses (300 & above): **42** ..... \_\_\_\_\_
- 3. University Core completed: ..... \_\_\_\_\_
- 4. Graduation application completed:..... \_\_\_\_\_