

# 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
<b>GENERAL EDUCATION REQUIREMENTS - 34 Hours Required</b>		
Minimum of "C-" required		
<b>Fundamental Skills</b>		<b>15</b>
<b>Writing – 6 hrs.</b>		
ENGL 1150	ENGLISH COMPOSITION I	
ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	
<b>Oral Communication – 3 hrs.</b>		
CMST 1110	PUBLIC SPEAKING FUNDS	
or CMST 2120	ARGUMENTATION AND DEBATE	
<b>Quantitative Literacy – 3 hrs.</b>		
MATH 1120	INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING	
or MATH 1130	QUANTITATIVE LITERACY	
or MATH 1140	QUANTITATIVE REASONING FOR HEALTHCARE PROFESSIONALS	
or MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	
<b>Data Literacy – 3 hrs.</b>		
Select one from the following:		
STAT 1100	DATA LITERACY AND VISUALIZATION	
STAT 1530	ELEMENTARY STATISTICS	
Until Fall 2028, students can satisfy this requirement with an approved data literacy course, or any approved natural or social science general education course.		
<b>Breadth of Knowledge</b>		<b>13</b>
Social Science - 3 hrs		
Humanities - 3 hrs		
Natural & Physical Science (must complete a lab) – 4 hrs.		
Arts - 3 hrs		
<b>Individual and Social Responsibility</b>		<b>6</b>
Cultural Knowledge - 3 hrs		
Civic Knowledge and Engagement - 3 hrs		
<b>MAJOR REQUIREMENTS - 42 Hours Required</b>		
**Course will satisfy UNO's General Education requirement		
^Course requires pre-requisite(s)		
<b>All of the following:</b>		<b>42</b>
TED 2100	EDUCATIONAL FOUNDATIONS (^)	
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS (** ^)	
or TED 2060	EQUITY, LANGUAGE, AND CULTURAL LITERACY	
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 (^)	
<b>Physical Education and Health Dual Endorsement required courses</b>		<b>66</b>
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 & KINS 1600	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING and 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 or KINS 4100	BIOMECHANICS (^) APPLIED KINESIOLOGY	
HEKI 2100	STATISTICS IN HEALTH AND KINESIOLOGY (^)	
KINS 4940	PHYSIOLOGY OF EXERCISE (^)	
PEA 111A-111Z or 112A-112S. Cannot take PEA 111H, 112L, or 112S.		1

### 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

		Credits
<b>Fall</b>		
ENGL 1150	ENGLISH COMPOSITION I	3
MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	4
CMST 1110	PUBLIC SPEAKING FUNDS	3
or CMST 2120	or ARGUMENTATION AND DEBATE	
KINS 1800	FITNESS FOR LIVING	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
<b>Spring</b>		
ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	3
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
PHHB 2070	SUBSTANCE ABUSE AND MISUSE: PREVENTION AND MANAGEMENT	3
KINS 2320	TEACHING GAMES 2	3
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS	3
or TED 2060	or EQUITY, LANGUAGE, AND CULTURAL LITERACY	

		Credits
<b>Summer</b>		
Cultural Knowledge		3
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH	3
Advising appointment for fall: February - March		
Join a student organization		

		Credits
<b>Sophomore</b>		
<b>Fall</b>		
KINS 2430	FOUNDATIONS IN KINESIOLOGY	3
PHHB 4060	SCHOOL HEALTH PROGRAMS	3
TED 2100	EDUCATIONAL FOUNDATIONS	3
KINS 2310	TEACHING GAMES 1	3
PHHB 3080	HUMAN SEXUALITY	3
Apply to Educator Preparation Program by Oct. 1 deadline		
Advising appointment for spring: Sept. - Oct.		

		Credits
<b>Spring</b>		
TED 2380	DEVELOPMENT AND LEARNING IN ADOLESCENCE	3
TED 2400	PLANNING FOR EFFECTIVE TEACHING	6
KINS 2220 & KINS 1600	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING and FUNDAMENTALS OF RESISTANCE TRAINING	3

Humanities	3
Advising appointment for fall: February - March	
Identify professional organization to get involved with. Begin resume development.	
MUST by August 1st have 2.75 minimum NU GPA to progress in Educator Preparation Program.	

		Credits
<b>Summer</b>		
PHHB 2310	HEALTHFUL LIVING	3
PHHB 2850	STRESS MANAGEMENT	3

		Credits
<b>Junior</b>		
<b>Fall</b>		
TED 3550	SECONDARY CLASSROOM MANAGEMENT	3
TED 3690	LITERACY AND LEARNING	3
KINS 3300	TEACHING DANCE IN THE SCHOOLS	3
HEKI 2100	STATISTICS IN HEALTH AND KINESIOLOGY	3
PHHB 3030	FIRST AID	3
Data Literacy		3
Advising appointment for spring: Sept. - Oct.		

		Credits
<b>Spring</b>		
KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES	3
PHHB 4000	METHODS AND MATERIALS IN HEALTH EDUCATION	3
KINS 4940	PHYSIOLOGY OF EXERCISE	3
KINS 2800	MOTOR LEARNING	3
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3

Advising appointment for fall: February - March		
	Credits	15
Senior		
Fall		
KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION	3
SPED 3800	DIFFERENTIATION AND INCLUSIVE PRACTICES	3
PHHB 4960	PUBLIC HEALTH - PLANNING AND ORGANIZATION	3
KINS 4100	APPLIED KINESIOLOGY	3

PEA 111A-Z or 112A-S. Cannot complete PEA 111H, 112L, or 112S	1
Arts	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	

		Credits
<b>Spring</b>		
TED 4600	CLINICAL PRACTICE AND SEMINAR: ELEMENTARY OR SECONDARY LEVEL	12
Apply for graduation		
		Credits
<b>Total Credits</b>		<b>132</b>

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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 2025-2026 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