

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

Secondary Education, Bachelor Science in Education - Physical Education PK-12 Endorsement Requirements

Code	Title	Credits
GENERAL EDUCATION REQUIREMENTS - 34 Hours Required		
Minimum of "C-" required		
Fundamental Skills		15
Writing – 6 hrs.		
ENGL 1150	ENGLISH COMPOSITION I	
ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	
Oral Communication – 3 hrs.		
CMST 1110	PUBLIC SPEAKING FUNDS	
or CMST 2120	ARGUMENTATION AND DEBATE	
Quantitative Literacy – 3 hrs.		
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	
Data Literacy – 3 hrs.		
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.		
Breadth of Knowledge		13
Social Science - 3 hrs		
Humanities - 3 hrs		
Natural & Physical Science (must complete a lab) – 4 hrs.		
Arts - 3 hrs		
Individual and Social Responsibility		6
Cultural Knowledge - 3 hrs		
Civic Knowledge and Engagement - 3 hrs		
MAJOR REQUIREMENTS - 83 Hours Required		
**Course will satisfy UNO's General Education requirement		
^Course requires pre-requisite(s)		
All of the following:		50
TED 2100	EDUCATIONAL FOUNDATIONS (^)	
TED 2200	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS (** ^)	
or TED 2060	EQUITY, LANGUAGE, AND CULTURAL LITERACY	
TED 2300	HUMAN GROWTH AND LEARNING (^)	
or TED 2380	DEVELOPMENT AND LEARNING IN ADOLESCENCE	
TED 2400	PLANNING FOR EFFECTIVE TEACHING (^)	

KINS 2220 & KINS 1600	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING and FUNDAMENTALS OF RESISTANCE TRAINING (^)	
KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES (^)	
KINS 3060	METHODS OF PRESCHOOL AND PRIMARY SCHOOL PHYSICAL EDUCATION (^)	
KINS 3300	TEACHING DANCE IN THE SCHOOLS (^)	
KINS 3350	TEACHING & CURRICULUM DEVELOPMENT IN ELEMENTARY PHYSICAL EDUCATION (^)	
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE (** ^)	
SPED 3800	DIFFERENTIATION AND INCLUSIVE PRACTICES (^)	
KINS 4000	TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION (^)	
TED 4640	K-12 CLINICAL PRACTICE AND SEMINAR ELEMENTARY/SECONDARY (^)	
Physical Education Endorsement required courses		32
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I (**)	
BMCH 4630	BIOMECHANICS (^)	
or KINS 4100	APPLIED KINESIOLOGY	
PHHB 3030	FIRST AID	
KINS 1800	FITNESS FOR LIVING	
KINS 2310	TEACHING GAMES 1 (^)	
KINS 2320	TEACHING GAMES 2 (^)	
KINS 2430	FOUNDATIONS IN KINESIOLOGY (**)	
KINS 2800	MOTOR LEARNING (^)	
HEKI 2100	STATISTICS IN HEALTH AND KINESIOLOGY (^)	
or KINS 4930	MEASUREMENT AND EVALUATION IN KINESIOLOGY	
KINS 4940	PHYSIOLOGY OF EXERCISE (^)	
Physical Education Activity Courses		1
PEA select one from any: 111A – 111Z or 112A-112S		
Cannot take 111H, 112L, or 112S		
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 PK-12 Endorsement Four Year Plan

Freshman

Fall		Credits
ENGL 1150	ENGLISH COMPOSITION I	3
MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	4
Humanities		3
KINS 2430	FOUNDATIONS IN KINESIOLOGY	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		13

Spring

ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	3
CMST 1110 or CMST 2120	PUBLIC SPEAKING FUNDS or ARGUMENTATION AND DEBATE	3
KINS 1800	FITNESS FOR LIVING	3
TED 2100	EDUCATIONAL FOUNDATIONS	3
Civic Knowledge and Engagement		3
Advising appointment for fall: February - March		
Join a student organization		
Credits		15

Sophomore

Fall		
KINS 2310	TEACHING GAMES 1	3
KINS 2800	MOTOR LEARNING	3
TED 2200 or TED 2060	HUMAN RELATIONS FOR BIAS-FREE CLASSROOMS or EQUITY, LANGUAGE, AND CULTURAL LITERACY	3
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	4
Elective		3
Apply to Educator Preparation Program by Oct. 1 deadline		
Advising appointment for spring: Sept. - Oct.		
Credits		16

Spring

KINS 2320	TEACHING GAMES 2	3
TED 2380	DEVELOPMENT AND LEARNING IN ADOLESCENCE	3
TED 2400	PLANNING FOR EFFECTIVE TEACHING	6
PEA 11A-Z/ 112A-S. Cannot be PEA 111H, 112L, or 112S,		1
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		13

Summer

PHHB 3030	FIRST AID (OR CPR Certification)	3
Cultural Knowledge		3
Credits		6

Junior Fall

KINS 3060	METHODS OF PRESCHOOL AND PRIMARY SCHOOL PHYSICAL EDUCATION	3
KINS 3300	TEACHING DANCE IN THE SCHOOLS	3
KINS 2220 & KINS 1600	THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING and FUNDAMENTALS OF RESISTANCE TRAINING	3
HEKI 2100	STATISTICS IN HEALTH AND KINESIOLOGY	3
Data Literacy		3
Advising appointment for spring: Sept. - Oct. SPRING		
Credits		15

Spring

KINS 3350	TEACHING & CURRICULUM DEVELOPMENT IN ELEMENTARY PHYSICAL EDUCATION	3
KINS 2330	OUTDOOR/ADVENTURE ACTIVITIES	3
KINS 4940	PHYSIOLOGY OF EXERCISE	3
KINS 4150	ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE	3
Elective		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
KINS 4100 or BMCH 4630	APPLIED KINESIOLOGY or BIOMECHANICS	3
Elective		3
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		
Credits		15

Spring

TED 4640	K-12 CLINICAL PRACTICE AND SEMINAR ELEMENTARY/SECONDARY	12
Apply for graduation		
Credits		12
Total Credits		120

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