Health Education K-12 Major

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The goal of certification in K-12 Health Education is to facilitate students' understanding of the central concepts, structures, and tools of inquiry of the discipline(s) and how to create learning experiences that make these aspects of subject matter meaningful and engaging for all students. Students will also understand how individuals learn, develop, and differ in their approaches to learning, understand how to adapt to diverse learners, recognize the importance of long-range planning and curriculum development, and how to implement and evaluate standards-based curriculum.

ACADEMIC REQUIREMENTS SUMMARY SHEET **ACADEMIC YEAR 2025-2026**

Health Education K-12 Major

Student's Last Name First Name Middle Initial

Advisor Date Major Declared

Course Code	Course Title	Hours	Semester	Grade
Core Courses				
EDU 101	Introduction to Teaching	1		
EDU/PSY 221	Educational Psychology	3		
EDU 230	Child and Adolescent Growth and Development	3		
EDU 231	Education of the Exceptional Child	3		
EDU 290	Foundations of Education	3		
EDU 291	Education Practicum I	2		
EDU 385	Diversity in Education	3		
EDU 393	Practicum II	2		
EDU 417	Advanced Practicum	3		
EDU 453	Classroom Organization and Management	3		
EDU 490	Education Seminar	1		
EDU 492	Student Teaching (1^{st}-5^{th})	12		
Or EDU 495	Student Teaching (5^{th}-9^{th})	12		
Or EDU 497	Student Teaching (9^{th} -12^{th})	12		
Methods of Teaching Courses (6 hours)				
EDU 375	Reading & Writing in the Middle and High School Classroom	3		
HES 102	Methods of Teaching Health	3		
Health Content Area (37 hours)				
HES 204	Fitness and Wellness Concepts	3		
HES 205	Stress Management	3		
HES/EDU 207	School Health, PE, & Safety in Elementary	3		
HES 251	Introduction to	3		
HES 305	Community Health	3		

NSC 210	Anatomy and Physiology I	4		
PSY 112	Psychology as a Natural Science	3		
Or PSY 113	Psychology as a Social Science	3		
PSY/WGS 301	Human Sexual Behavior	3		
PSY 330	Addictive Disorders	3		
Elective Courses (Choose three courses from the following list: 9 hours)				
HES 215	Principles of Motor Learning	3		
HES/PSY 231	Sports Psychology	3		
HES 232	Care & Prevention of Athletic Injuries	3		
HES 321	Kinesiology	3		
HES 340	Exercise Physiology	3		
HES 350	Theories of Adapted PE	3		
HES 357	Community Nutrition	3		
HES/WGS 355	Women's Health Issues	3		
	Total Hours	**82**		

Admission into TEP is required prior to taking EDU 393, EDU 417, and student teaching. EDU 490 and student teaching are taken concurrently the last semester of study. Students must have attempted the state required content assessment to student teach. Students must maintain an average 3.0 or higher GPA in education coursework and content courses, if applicable. Students must adhere to all TEP guidelines to be recommended to the state for teacher certification.