



Health Enhancement K-12 (Health and Physical Education Teaching) Suggested Curriculum by Semester 2025-2026

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	WRIT 101W – College Writing I	3
HEE 242 – Intro to Teaching Health Enhancement	2	HEE 200 – K-12 Motor Learning Development	3
COA 205 – Intro to Coaching	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
US Core – EDU 101US or other	3	HTH 220 – Human Sexuality	3
		University Core (IA/IH/IN)	3

Sophomore Year

Fall		Spring	
Course	Cr	Course	Cr
EDSP 306 – Exceptional Learners	3	EDU 347 – Managing the Learning Environment	2
EDU 211D – Multicultural Education	3	EDU 370 – Integrating Tech into Education	3
HEE 295 – Homeschool Program Practicum	1	EDU 382 – Assessment, Curriculum, Instruction	3
HEE 303 – Methods of Lifetime Fitness Activities	2	HEE 275 - Curriculum and Design for Teaching Health Enhancement	2
HEE 304 – Methods of Team Sports	2	HEE 295 – Homeschool Program Practicum	1
NUTR 221CS – Basic Human Nutrition	3	KIN 221 – Health Anatomy & Physiology	3
University Core (IA/IH/IN)	3		

Junior Year

Fall		Spring	
Course	Cr	Course	Cr
HDFS 371 – Research Methods in HHD	3	COA 405 – Advanced Concepts in Coaching	3
HEE 195 – Pre-Practicum Class in Health Enhancement	1	EDM 417 – Methods: K-4 Health Enhancement	3
HEE 341 – Methods of Teaching Secondary Health Education	3	HEE 310 – Methods of Adapted HE	3
University Core (IA/IH/IN)	3	HEE 340 – Methods of Health Education	3
Electives	5-6	HEE 360 – Youth Movement Science	3
Apply to the Teacher Education Program		Electives	2-3

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	9		
Submit Applications for Student Teaching & Graduation		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.

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: _____