

K-12 HEALTH AND PHYSICAL EDUCATION (A)

The recognition of the importance of physical activity and health in the lives of all people underlies this curriculum. Every student is encouraged to receive instruction and practice in a variety of lifetime sports and recreational activities; as well as understand the human body and ways to maintain a healthy lifestyle. This curriculum is designed with an emphasis in the appreciation and study of human movement, with the goal to educate students for careers in teaching and coaching, athletics administration, recreation, and allied health and wellness programs.

State Endorsement Code: MC

MTTC Test Code: 112- 113

Program Learning Outcomes

The Concordia University Ann Arbor School of Education adheres to the Michigan Test for Teacher Certification, which states that upon completion of the program, students will be able to:

- Understand principles and concepts of health promotion and disease prevention.
- Understand personal safety and injury prevention, and skills and strategies for preventing and reducing risks related to alcohol, tobacco, and other drugs.
- Understand factors that affect mental and emotional health, and skills and strategies for developing and maintaining healthy interpersonal, social, and family relationships
- Understand influences on health behaviors, and strategies and activities for promoting students' health literacy skills
- Understand how to promote and encourage students to make health-enhancing choices and maintain healthy lifestyles
- Understand the foundations of health education and the professional responsibilities of a health education teacher.
- Understand how to develop and teach developmentally appropriate lessons in the health and physical education programs
- Understand motor learning and development, movement concepts, biomechanics, and skillful movement
- Understand elements, strategies, rules, etiquette, etc. for sports, activities and other outdoor pursuits.
- Understand the human body and how it relates to physical activity and health, and principles and components of health-related fitness

Curriculum

Code	Title	Hours
Secondary Education Required Courses		
<i>Year One</i>		
EDU 100	Education Seminar ^{1 2 3 4}	0
EDU 220	Foundations of Education ^{1 2 3 4}	3
EDU 203	Education Technology ^{1 2 3 4}	1
<i>Year 2</i>		
EDU 214	Child Development ^{1 2 3 4}	3
EDU 200	Admit to Program Seminar ^{1 2 3 4}	0
EDU 348	Art of Teaching ^{1 2 3 4}	4
<i>Year Three</i>		
EDU 303	Differentiating Instruction ^{2 4}	3

EDU 460	Secondary Methods ^{1 3}	4
Year Four MTTC Professional Readiness Exam		
EDU 438	Content Area Reading (w) ^{2 4}	3
EDU 300	Professional Semester Seminar ^{1 2 3 4}	0
EDU 446	Student Teaching:Secondary Ed	12
Total Hours		33

- ¹ Course offered Fall semesters in odd years
- ² Course offered Spring semesters in even years
- ³ Course offered Fall semesters in even years
- ⁴ Course offered Spring semesters in odd years

Code	Title	Hours
K-12 Health and Physical Education Major		
<i>Required Courses</i>		
BIO 191	Human Anatomy and Physiology I	4
BIO 192	Human Anatomy and Physiology II	4
HHP 260	School and Community Health	3
HHP 265	Healthy Lifestyles	3
HHP Elective		3
HHP 342	Nutrition for Wellness and Performance	3
HHP 355	Teaching Core Activity III	3
HHP 356	Teaching Core Activity IV	3
HHP 361	Technology in Health and Human Performance	3
HHP 371	Exercise Physiology	3
HHP 373	Motor Development	3
HHP 410	Measurement and Evaluation in Health & Human Performance	3
HHP 412	Adapted Physical Education	3
HHP 450	Curriculum and Methods - Health	3
EDU 430	Health & P.E. for Elementary Teachers	2
Total Hours		46