Students must complete all General Education requirements and all Major requirements. Any acceptable General Education course which is also required in the major may apply to (double-count in) both required areas. Courses common to the areas of World Cultures, Arts and Humanities, and Social and Historical Studies may also double count. However, credit for such courses counts only once toward the total required credits for a degree. See School of HPER Bulletin online at http://www.indiana.edu/~bullets/hpeter/2010-2012/index.shtml for links to GenEd course listings.

**General Education (20 – 39 credits)**

**English Composition** (0 to 3 credits, C- minimum required)

Complete one of the following options:

- 3 ENG W131 Elementary Composition
- 3 ENG W170 Projects in Reading and Writing
- 0 ENG W131 EX Elementary Composition Exemption

**Mathematical Modeling** (3 to 4 credits)

Complete one of the following options:

- 3 MATH-A 118 Finite Mathematics for the Soc and Behavior Sci
- 4 MATH-D 116 AND MATH-D 117 Intro to Finite Mathematics I-II
- 3 MATH-J 113 Introduction to Calculus with Applications
- 3 MATH-M 118 Finite Mathematics
- 3 MATH-M 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus
- 3 MATH-S 118 Honors Finite Mathematics

**Natural and Mathematical Sciences** (5 to 6 credits)

Complete 6 credits or one 5 credit course with a substantial laboratory component. Choices are on the approved list in the School of HPER Bulletin.

**Arts and Humanities** (6 credits)

Complete 6 credits on the approved list in the School of HPER Bulletin.

**Social and Historical Studies** (6 credits)

Complete 6 credits on the approved list in the School of HPER Bulletin.

**World Languages and Cultures** (0 to 14 credits)

Choose one of the following three options:

Complete 6 credits of world culture courses.

OR

Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.

OR

Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the School of HPER Bulletin.

See the School of HPER online bulletin for requirement details and approved courses.

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**Major (93 credits)**

**Professional Health Core** (34 credits required)

(2.5 GPA req. for tchng License, C- minimum in each course)

Complete each of the following courses:

- 3 HPER-F 255 Human Sexuality S&H
- 3 HPER-H 160 First Aid and Emergency Care
- 3 HPER-H 174 Prevention of Violence in American Society S&H
- 3 HPER-H 180 Stress Prevention and Management
- 1 HPER-H 205 Introduction to Health Education (S/F)
- 3 HPER-H 311 Human Disease & Epidemiology
- 3 HPER-H 315 Consumer Health
- 3 HPER-H 318 Drug Use in American Society
- 3 HPER-H 464 Coordinated School Health Programs
  (P: H 263, H352 or consent of instructor)
- 3 HPER-N 220 Nutrition for Hlth or HPER N231 Human Nutrition
  (P: CHEM-C 101; BIO-L 100 or equiv)

Select 6 credits from the following:

- 3 HPER-C 310 Health Care in Diverse Communities
- 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
- 3 HPER-C 366 Community Health
- 3 HPER-C 403 Public Health Program Planning
- 3 HPER-F 150 Introduction to Life-Span Human Development S&H
- 3 HPER-F 258 Marriage & Family Inter (Highly recommended) S&H
- 3 HPER-F 317 Topical Seminar (Repeatable w/ different topic)
- 3 HPER-H 163 Emerging Health Issues
- 3 HPER-H 172 International Health & Social Issues
- 3 HPER-H 220 Death & Dying S&H
- 3 HPER-H 234 Prevention of Cardiovascular Disease
- 3 HPER-H 305 Women's Health
- 3 HPER-H 306 Men's Health
- 3 HPER-H 317 Topical Seminar (Repeatable with different topic)
- 3 HPER-H 320 The Nature of Cancer
- 3 HPER-H 326 AIDS & Other STD's (summer only)
- 3 HPER-H 327 Practicum in College Death Education
  (P: Permission of instructor)
- 3 HPER-H 340 Practicum in College Sex Education
  (P: Permission of instructor)
- 3 HPER-H 418 Nature of Addiction (P: Sr. standing)*
- 3 HPER-H 445 Travel Study
- 3 HPER-H 460 Practicum in First Aid Instruction
  (P: HPER H160 with a “B” or better, or equiv)
- 3 HPER-S 217 Safety: A Personal Focus
  * = Fall only   ** = Spring only

~ Choose these courses to complete a public health education minor.

Major requirements are continued on the next page.
Visit the AHS website at www.indiana.edu/~aphealth/.

* fall only ** spring only

**NOTE:** Students must be admitted to the Teacher Education Program in order to sign up HPER-H 352/353 and HPER-H 452/453. Students must be admitted to the PETE program to do the PE cognate.

### Professional Education Courses (40 credits)

- 3 EDUC-W 200 Using Computers in Education
- 3 EDUC-P 312 Learning Theory into Practice
- 3 EDUC-P 313 Persp on Adolescents in Learning Communities
- 3 EDUC-M 300 Teaching in a Pluralistic Society

**NOTE:** Students must have taken or be enrolled in the above courses in order to apply for the Teacher Education Program.

### Additional Required Courses (19 credits)

- 3 CMCL-C 121 Public Speaking (no correspondence)
- 3 ENG-W 231 Professional Writing Skills
- 3 HPER-H 263 Personal Health
- 3 HPER-P 205 Structural Kines
- 5 PHSL-P 215 Basic Human Physiology
- 2 Elected from HPER-E courses or HPER-R 100-149 courses

### General Education

<table>
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<tr>
<th>Major</th>
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**Completes A Minimum of 124 Credits for this Degree.**

### Optional Cognate in Physical Education (31 credits)

(C minimum in each course, no Pass/Fail)

Completion of the following courses will prepare students to take the physical education PRAXIS exam and develop competencies required for middle and high school physical education teacher certification. This cognate, when added to a teaching degree in another field, extends the time required for degree completion. A normal four-year bachelor's degree becomes a four and a half to five-year degree when this cognate is added.

Complete each of the following courses:

- 3 HPER-P 140 Foundations and Principles of Physical Education
- 2 HPER-P 141 Foundations of Human Movement
- 1 HPER-P 203 Teaching Practicum in Physical Education
- 3 HPER-P 214 Basic Methods of Teaching Physical Education
- 3 HPER-P 216 Current Concepts & Applications in Physical Fitness
- 2 HPER-P 224 Teaching of Dance Activities
- 1 HPER-P 303 Physical Education Laboratory/Field Experience
- 1 HPER-P 313 Tools of Learning
- 3 HPER-P 314 Intermediate Methods in Teaching Physical Educ
- 2 HPER-P 316 Theories of Advanced Conditioning
- 2 HPER-P 323 Teaching Individual and Dual Activities
- 2 HPER-P 325 Teaching of Team Sports
- 3 HPER-P 398 Adapted Physical Education
- 0 HPER/EDUC-M 403 Laboratory/Field Experience
- 3 HPER/EDUC-M 456 Methods of Teaching Physical Education

Students must also complete:

- First Aid/CPR certification earned in HPER-H 160 First Aid and Emergency Care, or via community resources. Certification in CPR is only acceptable from the American Red Cross, the American Heart Association, or the National Safety Council.
- PRAXIS Physical Education exam with a passing grade
- Physical Education student teaching experience along with health student teaching

### Course Sequence for Health Education-Secondary Teacher Preparation (Without Full PE Cognate)

| (Note: N&M and S&H courses covered by course requirements) |

#### Freshman Year

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Spring Semester</th>
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<tr>
<td>ENG-W 131</td>
<td>CMCL-C 121</td>
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<tr>
<td>HPER-F 255</td>
<td>HPER-H 160</td>
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<td>HPER-H 180</td>
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<td>A&amp;H/WLC elec</td>
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<td>EDUC-G 203</td>
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<td>EDUC-M 300</td>
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<tr>
<td>EDUC-P 313</td>
<td>ENG-W 231</td>
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<td>PE or A&amp;H/WLC</td>
<td>PE or A&amp;H/WLC</td>
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<td>EDUC-K 306</td>
<td>HPER-H 311</td>
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<td>EDUC-H 340</td>
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<td>HPER-H 352</td>
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<td>HPER-N 220</td>
<td>HPER-H 353</td>
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<tr>
<td>Health elec</td>
<td>PE or elec</td>
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### Senior Year

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<th>Spring Semester</th>
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<tr>
<td>HPER-H 452</td>
<td>EDUC-M 480</td>
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<tr>
<td>HPER H453</td>
<td>EDUC M420</td>
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</tbody>
</table>

| Health elec   | PE or elec      |

**NOTE:** Students must have valid CPR Certification (i.e. within the last year) in order to apply for teacher certification in Indiana.
Health Education-Secondary Teacher Preparation

About the Major: Promoting Health for Adolescents

Health teachers help middle and high school students develop skills for making and sustaining healthy decisions related to

- personal growth
- mental health
- injury prevention
- human sexuality
- consumer health
- disease prevention
- nutrition
- physical activity
- substance use

Health secondary majors are prepared for teaching careers in middle and high schools. Since many school districts hire health teachers who also teach physical education, students in this major often complete the optional Cognate in Physical Education (requires an extra semester or year)

Opportunities in the Program

Students have many opportunities to become involved in schools via required field observations, student teaching and a variety of volunteer activities in local public schools and youth-serving agencies. Students who wish can take advantage of the Semester Abroad Program to complete student teaching in a different country. Eta Sigma Gamma, a student-run health honorary, is also available.

What You Can Do

School health teachers

- teach health to students in 5th-12th grade in public and private schools
- work with parents and teachers to make the whole school healthy
- develop curriculum and programs for youth to keep them active and safe
- advise community groups and act as spokespersons for young people
- work in public health positions in the community

Where You Can Go

Students in this major are certified to teach health in secondary schools in Indiana and most other states (those with reciprocal agreements with Indiana). Getting a Cognate in Physical Education assures students that they will have PE certification and thus qualify for the largest number of job openings.

What You Will Earn

Beginning secondary teachers earn about $32k-$40k depending upon location.