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.

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

(General Education Bulletin at: www.indiana.edu/~bulletin/iub)

**English Composition** (0 to 3 credits, C minimum required)
Complete one of the following options:

- 3 CMLT-C 110 Writing the World
- 3 ENG-W 131 Elementary Composition
- 3 ENG-W 170 Projects in Reading and Writing
- 0 ENG-W 131 EX Elementary Composition Exemption

**Mathematical Modeling** (3 to 4 credits)
Complete one of the following options:

- 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 106 The Mathematics of Decision & Beauty
- 3 MATH-M or V or S 118 Finite Mathematics
- 3 MATH-M or V 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus

**Natural and Mathematical Sciences** (5 credits)
Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

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**Arts and Humanities** (6 credits)
Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

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**Social and Historical Studies** (6 credits)
Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

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**World Languages and Cultures** (0 to 14 credits)
Choose one of the following three options:

- Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.
- Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.
- Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the IUB General Education Bulletin.

**Major (84 credits)**

**Professional Health Core** (28 credits required)
(2.5 GPA req. for teaching License, C- minimum in each course)

Complete each of the following courses:

- 3 SPH-B 150 Introduction to Public Health S&H
- 3 SPH-E 311 Introduction to Epidemiology
- 3 SPH-F 255 Human Sexuality S&H
- 3 SPH-H 160 First Aid and Emergency Care
- 3 SPH-H 174 Prevention of Violence in American Society S&H
- 3 SPH-H 180 Stress Prevention and Management
- 1 SPH-H 205 Introduction to Health Education (S/F)
- 3 SPH-H 318 Drug Use in American Society
- 3 SPH-H 464 Coordinated School Health Programs
- 3 SPH-N 220 Nutrition for Health or SPH N231 Human Nutrition (P: CHEM-C 101; introductory BIOL course or equiv)

**Professional Education Courses** (40 credits)
(2.5 GPA req. for teaching license, C minimum in each course)

- 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

**Additional Required Courses** (16 credits)

- 3 COLL-P 155 Public Oral Communication
- 3 ENG-W 231 Professional Writing Skills
- 3 MSCI M115 Introduction to Anatomy and Physiology
- 3 SPH-H 263 Personal Health S&H
- 3 SPH-K 216 Foundations of Physical Activity and Public Health
- 1 Elective from SPH-I courses or SPH-W courses
GENERAL EDUCATION 20-39
MAJOR 84
COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE.

* fall only  ** spring only

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 SPH-K 140 Foundations and Principles of Physical Education
___2 SPH-K 141 Fundamentals of Human Movement
___1 SPH-K 203 Teaching Practicum in Physical Education *
___3 SPH-K 214 Basic Methods of Teaching Physical Education *
___3 SPH-K 216 Current Concepts & Applications in Physical Fitness
___2 SPH-K 224 Teaching of Dance Activities
___1 SPH-K 303 Physical Education Laboratory/Field Experience **
___1 SPH-K 313 Tools of Learning
___3 SPH-K 314 Intermediate Methods in Teaching Physical Educ **
___2 SPH-K 316 Theories of Advanced Conditioning (P 217 or P 218)
___2 SPH-K 323 Teaching Individual and Dual Activities
___2 SPH-K 325 Teaching of Team Sports
___3 SPH-K 398 Adapted Physical Education
___0 SPH/EDUC-M 403 Laboratory/Field Experience **
___3 SPH/EDUC-M 456 Methods of Teaching Physical Education **

Students must also complete:

- First Aid/CPR certification earned in SPH-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.
- For Admission to the Teacher Education Students must meet one of the following criteria to fulfill the TEP testing requirement:
  * CASA: Reading 220 (test code 001); Math 220 (test code 002); Writing 220 (test code 003)
  * ACT: Composite score of at least 24 based on Math, Reading, Grammar, and Science (Sum of MA + RE + EN + SR scores divided by 4 = 24)
  * SAT: Combined score of at least 1100 based on Critical Reading and Math (Sum of VE + MA scores = 1100) Test taken prior to March 1, 2016
  * SAT: Combined score of at least 1170 based on Critical Reading and Math (Sum of VE + MA scores = 1170) Test taken on or after March 1, 2016
  * GRE: A score of at least 1100 based on Verbal and Quantitative prior to 8/1/11 OR a score of at least 301 based on Verbal and Quantitative on or after 8/1/11.
  * Hold a Master’s degree or higher from an accredited institution.
- Physical Education student teaching experience along with health student teaching
## Suggested Course Sequence for Health Education-Secondary Teacher Preparation (without full PE cognate)

**NOTE:** S&H and N&M course(s) covered by course requirements

<table>
<thead>
<tr>
<th>FRESHMAN YEAR-Fall Semester</th>
<th>FRESHMAN YEAR-Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDUC-W 200 “Using Computers in Education” ♦</td>
<td>COLL-P155 “Public Oral Communication” (3)</td>
</tr>
<tr>
<td>SPH-F 255 “Human Sexuality”</td>
<td>SPH-H160 “First Aid and Emergency Care” (3)</td>
</tr>
<tr>
<td>SPH-H 263 “Personal Health”</td>
<td>SPH-H174 “Prevention of Violence in American Society” (3)</td>
</tr>
<tr>
<td>IUB GenEd A&amp;H or WLC elective</td>
<td>SPH-H205 “Introduction to Health Education” (1)</td>
</tr>
<tr>
<td>Elementary Composition or Math Modeling</td>
<td>Elementary Composition or Math Modeling (3)</td>
</tr>
<tr>
<td></td>
<td>IUB GenEd N&amp;M (3)</td>
</tr>
</tbody>
</table>

Total Credits: 15  

By the end of summer after freshman year pass the Core Academic Skills Assessment (CASA) OR achieve a qualifying score on the ACT by attaining a 24 composite score OR earn a combined score of 1100 on the SAT (Test taken prior to March 1, 2016) or 1170 on the SAT (Test taken after March 1, 2016) based on the sum of Critical Reading and Math scores.

### SOPHOMORE YEAR-Fall Semester

<table>
<thead>
<tr>
<th>SOPHOMORE YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>EDUC-P 312 “Learning Theory into Practice” ♦</td>
</tr>
<tr>
<td>EDUC-P313 “Persp. on Adol. in Learning Communities” ♦ (3)</td>
</tr>
<tr>
<td>SPH-B 150 “Intro to Public Health”</td>
</tr>
<tr>
<td>SPH-H180 “Stress Prevention and Management”</td>
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<tr>
<td>IUB GenEd Natural Science</td>
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</tbody>
</table>

Total Credits: 15

Apply by March 1 for admission to the Teacher Education Program (TEP) in the School of Education.

### JUNIOR YEAR-Fall Semester

<table>
<thead>
<tr>
<th>JUNIOR YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>EDUC-H340 “Education &amp; American Culture”</td>
</tr>
<tr>
<td>EDUC-K306 “Tchg Stnts w/Special Needs in Sndry Clsrooms” ▲</td>
</tr>
<tr>
<td>SPH-H464 “Coordinated School Health Programs” ▲</td>
</tr>
<tr>
<td>SPH-I or W elective</td>
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</tbody>
</table>

Total Credits: 13

Attend the mandatory Student Teaching Application meeting in October of junior year.

### SENIOR YEAR-Fall Semester

<table>
<thead>
<tr>
<th>SENIOR YEAR-Spring Semester</th>
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</thead>
<tbody>
<tr>
<td>ENG-W231 “Professional Writing”</td>
</tr>
<tr>
<td>SPH-H452 “Secondary Sch. Health Instruct and Assess.” ▲ ~</td>
</tr>
<tr>
<td>SPH-H453 “Microteach Lab for Hlth Educ.” ▲ ~</td>
</tr>
<tr>
<td>IUB GenEd A&amp;H or WLC elective</td>
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<tr>
<td>Elective</td>
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<tr>
<td>Elective</td>
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</tbody>
</table>

Total Credits: 16

During senior year prepare to apply for your initial teaching license.

♦ Required for TEP admission

▲ Must be admitted to TEP to enroll in course

~ Fall only course

^ Spring only course

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

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

Step 1 – Gain admission to the Health Education-Secondary Teacher Preparation program within the School of Public Health
School of Public Health Admission Requirements for Health Education-Secondary Teacher Preparation (if not directly admitted to the program as a new incoming student)

1. Request your assigned university division academic advisor to list your intended major as Health Education-Secondary Teacher Preparation if it is not already listed.
2. Completion of 30 credit hours of college course work that counts toward graduation with a minimum overall IUB GPA of 2.5
3. Once steps one and two have been met, automatic admission will be given during the next SPH automatic admission cycle. SPH automatic admission cycles take place three times each year (October, February, and June).

Step 2 - Apply to the Teacher Education Program (School of Education)
Students must complete an online application for admission to the Teacher Education Program (TEP) through the School of Education. Please visit: https://info.educ.indiana.edu/TEIS/frm/Login.aspx. Required for admission to the School of Education teacher education program:

1. Meet one of the following criteria:
   - CASA: Reading 220 (test code 001); Math 220 (test code 002); Writing 220 (test code 003)
   - ACT: Composite score of at least 24 based on Math, Reading, Grammar, and Science (Sum of MA + RE + EN + SR scores divided by 4 = 24)
   - SAT: Combined score of at least 1100 based on Critical Reading and Math (Sum of VE + MA scores = 1100) Test taken prior to March 1, 2016
   - SAT: Combined score of at least 1170 based on Critical Reading and Math (Sum of VE + MA scores = 1170) Test taken on or after March 1, 2016
   - GRE: A score of at least 1100 based on Verbal and Quantitative prior to 8/1/11 OR a score of at least 301 based on Verbal and Quantitative on or after 8/1/11.
   - Hold a Master’s degree or higher from an accredited institution.
2. A minimum overall cumulative GPA of 2.5 or higher
3. 21 credits and a 2.5 GPA in the content field with at least 15 credits completed and 6 credits in progress. Grade of a C- or higher is required in each content field course.
4. Completion or enrollment in prerequisites: Grade of C or higher is required in each EDUC course:
   - EDUC-M300 – Teaching in a Plural Society (3 cr.)
   - EDUC-P312 – Learning Theory into Practice (3 cr.)
   - EDUC-P313 – Adolescents in a Learning Community (3 cr.)
   - EDUC-W200 – Using Computers in Education (3 cr.)
5. Criminal Background Check Requirement. You will be required to provide a criminal history check to school districts before participating in field placements and/or student assignments based on a misdemeanor or felony conviction. The application process for a teaching license in Indiana requires a current criminal history check. Convicted felons will not be granted a teaching license.

Step 3 - Prepare for Student Teaching
1. Sign up and attend an Application Meeting for student teaching: http://education.indiana.edu/undergraduate/student-teaching/meetings.html. Attend in October of the year prior to student teaching (typically the fall of your junior year if you plan to student teach in the spring of your senior year).
2. Follow the required steps outlined on the IUB School of Education Student Teaching web page: http://education.indiana.edu/undergraduate/student-teaching/index.html

Step 4 - Preparing to Apply for an Initial Indiana State Teaching License
1. Before you apply- to receive an Indiana state teaching license, you will need to fulfill the following license requirements
   - Complete your teacher education program, including student teaching
   - Take licensing exams for your selected content area(s) and have results reported to Indiana University
   - Take a pedagogy test in the developmental area and your license
     - Check with the Office of Teacher Education before registering for any content area tests, or the pedagogy test.
   - Earn your CPR/AED/Heimlich certification: http://www.doe.in.gov/licensing/cpr-heimlich-maneuver-aed-certification
   - Complete Suicide Prevention Training

Continued on next page.
2. How to apply - when you have met all the requirements, you are ready to submit your online application to the State of Indiana.
   - Log on to the Indiana LVIS (Licensing Verification and Information System) and create an individual profile: [https://license.doe.in.gov/](https://license.doe.in.gov/)
   - Upload your CPR/AED/Heimlich certification.
   - Upload proof of Suicide Prevention Training.

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.