

## **HEALTH/PHYSICAL EDUCATION MAJOR with K-12 Endorsement**

*Fall 2019*

The major in **Kinesiology for Teachers of Physical and Health Education, grades K-12**, (State code: MC) consists of a minimum of 45 credits. The teacher candidate will complete student teaching in both Elementary and Secondary P.E. and Health settings.

Teacher candidates for certification in Kinesiology at the Secondary level must pass the Michigan Test for Teacher Certification (MTTC) in Physical and Health Education (Test #113). There are two different components to the exam (physical education and health education), both of which must be passed in order to receive certification. Exams should not be taken until 90% of course work in the subject area has been completed.

The courses below meet State standards and have been selected so that teacher candidates will be well prepared for the test. Knowledge must be demonstrated in the following categories in order to successfully pass the MTTC subject area exam:

<b>Subarea</b>	<b>Approximate % of Questions on Test</b>
<b><u>Health Education</u></b>	
1. Health Promotion and Risk Reduction	32.5
2. Health Literacy and Social-Emotional Health	32.5
3. The Health Education Program	35
<b><u>Physical Education</u></b>	
1. Motor Learning and Movement Concepts	32.5
2. Health-Related Fitness	32.5
3. The Physical Education Program	35

The following chart is intended to provide you a guide for scheduling your semesters and for keeping track of your grade point average.

**PLEASE REFER TO YOUR DEGREE EVALUATION IN KNOWHOPE  
PLUS IN ADDITION TO THIS DOCUMENT TO DETERMINE  
FULFILLMENT OF COURSE REQUIREMENTS**

**PREREQUISITE FOR KIN 204** (4 credits) (Credits do NOT count toward 45 hour major)

SUBJECT/ COURSE	TITLE	SEM. OFFERED	CR. HRS.	SEM. TAKEN	SUBSTITUTION
GEMS 158	Human Biology in Health and Disease	Spring	4		

**GENERAL KINESIOLOGY REQUIRED (4 credits)**

SUBJECT/ COURSE	TITLE	SEM. OFFERED	CR. HRS.	SEM. TAKEN	SUBSTITUTION
KIN 200	Human Anatomy and Lab	Fall/Spring /Summer	4		

**REQUIRED METHODS COURSES (41 credits)**

SUBJECT/ COURSE	TITLE	SEM. OFFERED	CR. HRS.	SEM. TAKEN	SUBSTITUTION
KIN 155	Lifeguarding	As Needed	2		
KIN 160	Teaching of Rhythm & Movement	Fall Even Yrs	2		
KIN 204	Exercise Physiology for PE and Health	Fall Even Yrs	4		
KIN 251	Foundation and Theory in PE and Health	Fall Odd Yrs	4		
KIN 301	Motor Development	Spring Even Yrs	3		
KIN 330	Principles of Coaching	Spring	3		
KIN 344	Basic Methods of Teaching PE	Spring Even Yrs	3		
KIN 345	Methods in Physical Education*	Fall Odd Yrs	2		
KIN 346	Clinical Experience in PE*	Fall Odd Yrs	2		
KIN 350	Adapted and Therapeutic PE+	Fall Even Yrs	3		
KIN 352	Clinical Experiences in Adaptive PE+	Fall Even Yrs	1		
KIN 451	Methods of Teaching Health Ed I	Fall	4		
KIN 453	Health Ed. Methods II and Sex Ed	Spring	4		
KIN 455	Data and Assessments in PE and Health	Spring	4		

\*+ Must register for both courses.