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*This cognate is for students who are earning certification to teach in the secondary schools in another subject area such as physical education. Completion of the following requirements will prepare students to take the health education PRAXIS exam and develop competencies required for middle and high school health education teacher certification.*

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## COGNATE IN HEALTH EDUCATION (30 Credits)

(C- minimum in each course, no pass/fail)

### Health Content Courses: (19 credit hours)

- \_\_\_\_\_ 3 HPER F255 Human Sexuality
- \_\_\_\_\_ 3 HPER H174 Violence Prevention in American Society
- \_\_\_\_\_ 3 HPER H180 Stress Prevention and Management
- \_\_\_\_\_ 3 HPER H263 Personal Health
- \_\_\_\_\_ 3 HPER H318 Drug Use in American Society
- \_\_\_\_\_ 3 HPER N220 Nutrition for Health
- \_\_\_\_\_ 1 HPER H205 Introduction to Public & School Health (S/F)\*\*

### Health Education Courses: (11 credit hours)

- \_\_\_\_\_ 3 HPER H464 Coord Schl Hlth Programs (P: H263)(Spring before student teaching)\*\*
- \_\_\_\_\_ 3 HPER H352 Sec Sch Hlth Curric & Instruct. (C:H353) (Spring before student .tchnng) \*\*
- \_\_\_\_\_ 1 HPER H353 Field Observation (C: H352;graded S/F)\*\*
- \_\_\_\_\_ 3 HPER H452 Sec Sch Hlth Strat & Assess (P: H352/353 C: H453)  
(Fall before student teaching)\*
- \_\_\_\_\_ 1 HPER H453 Microteach Lab for Hlth Educ (C: H452;graded S/F) \*

### Must also complete:

- First Aid/CPR certification earned in HPER H160 First Aid & Emergency Care, **OR** via community resources.
- Praxis Health exam with a passing grade
- Health student teaching experience along with PE student teaching

\* = Fall only      \*\* = Spring only