

HEALTH AND PHYSICAL ACTIVITY PROMOTION MAJOR: HEALTH AND PHYSICAL EDUCATION TEACHER LICENSURE OPTION (B.S.)

<https://www.unh.edu/program/bachelor-science/health-physical-activity-promotion-health-physical-education-teacher-licensure>

Description

Beginning in the 2026-2027 academic year, the Health and Physical Activity Promotion: Health and Physical Education Teacher Licensure Option (B.S.) is pausing admissions to the program. Current students will continue to have access to the same high-quality education and resources until they graduate.

The Health and Physical Activity Promotion Major: Health and Physical Education teacher licensure option at UNH offers comprehensive training in promoting youth wellness and physical development. Here you'll be able to explore multiple aspects of education—from learning theory and health frameworks to physical activity principles and teaching practices.

With a focus on authentic learning experiences, hands-on teaching opportunities, and evidence-based approaches, our program prepares you to engage with children of all abilities. Through intensive coursework and practical classroom experience, you'll develop the essential skills needed to make a lasting impact on the health and well-being of school-aged youth.

The health and physical education (HPE) licensure option provides a foundation for teaching through a four-year program (BS), or the UNH Department of Education fifth-year program leading to a master of arts in teaching (MAT). Graduates become licensed to teach kindergarten through grade 12 (K-12) health education and physical education in the state of New Hampshire. Extensive supervised practicum experiences that develop teaching skills, including adaptive physical education programming, offer an excellent foundation for preparing high-quality teachers. The combination of health education with physical education and adaptive physical education makes graduates highly marketable.

Requirements

Degree Requirements

Minimum Credit Requirement: 128 credits

Minimum Residency Requirement: 32 credits must be taken at UNH

Minimum GPA: 2.0 required for conferral*

Core Curriculum Required: Discovery & Writing Program Requirements

Foreign Language Requirement: No

All Major, Option and Elective Requirements as indicated.

*Major GPA requirements as indicated.

Major Requirements

Teaching candidates must receive a minimum grade of C- or better in all major-required courses with the following exceptions: Students must earn a minimum grade of B- or better in the following major-required courses, HPE 570, HPE 675, HPE 781, and EDUC 605 and a passing grade in BMS 507 and BMS 508.

Background Check Requirements

Teaching candidates will be required to complete a background check for each teaching placement, as determined by the host site. This may include finger-printing and a background check. In addition, the state of New Hampshire requires a background check as a part of admittance to a teacher licensure preparation program. The fee for this processing is the responsibility of the teacher candidate and is paid directly to the school district or State of New Hampshire.

Clinical Placements

Teaching candidates will be required to participate in clinical teaching placements outside of the UNH campus and teacher candidates must be willing and able to travel outside of the Durham area beyond walking distances. This will require teaching candidates to have access to reliable transportation during the duration of each clinical experience. Clinical experiences typically occur within 60 miles of the UNH-Durham campus, though may be modified based on cooperating teacher availability.

Teaching Licensure Program Requirements

Teaching candidates who complete this option will have completed all course requirements to graduate from an *approved teacher preparation program*. All students in the Health and Physical Education Teacher Licensure option must meet state student-teaching requirements (e.g. basic academic skills assessment and criminal background check) and minimum 2.5 overall and 2.67 major GPA and course progression requirements confirmed through application during the spring of their junior year. Teaching candidates must present proof of current CPR/AED & First Aid certification in the areas of Standard First Aid and Adult, Child, and Infant CPR/AED from a professional organization prior to application for student teaching.

Students who do not meet requirements will be transitioned to the Health and Physical Activity Promotion major non-licensure.

Graduates of the Health and Physical Education Teacher Licensure will be eligible for recommendation to the NH Department of Education for the Health Education license and the Physical Education licensure. Licensure by the NH Department of Education also depends on meeting state subject area testing requirements and criminal background check. Completion of additional requirements are outside the UNH teacher licensure program requirements and the responsibility of the teaching candidate.

A teaching license issued by the state of New Hampshire is seen as valid in other states across the country, however each state may have their own additional requirements for licensure in that particular state.

Culminating Experience

The coursework for students choosing the four-year or five-year path to teaching licensure is exactly the same until the final semester of the undergraduate program. The culminating experience for students in the four-year teaching program is student teaching (EDUC 694D /HPE 694).

Students must maintain a GPA of 2.5 to be eligible to student teach. Students choosing the fifth-year accelerated masters program receive program acceptance and complete a year-long internship, in lieu of student teaching.

Code	Title	Credits
Required Courses		
BMS 507	Human Anatomy and Physiology I	4
BMS 508	Human Anatomy and Physiology II	4
EDUC 605	Educational Perspectives in Critical Times	4
EXSC 620	Physiology of Exercise	4
HDFS 746	Human Sexuality	4
HPE 500	Introduction to Health & Physical Activity Promotion	2
HPE 570	Elementary Physical Education Practicum	4
HPE 600	Movement and Gymnastics Exploration	4
HPE 601	Foundations of Lifetime Physical Activity	3
HPE 603	Game On! Playing and Leading Team Sports and Activities	3
HPE 610	Teaching Young Children Through Movement	4
HPE 648	Moving Towards Well-Being: Principles of Health Behavior Change for Health and Wellness Educators	4
HPE 655	Middle School and Secondary Physical Education Pedagogy	4
HPE 653B	Biomechanics of Human Movement	2-4
or KIN 652	Clinical Kinesiology	
or EXSC 722	Applied Biomechanics	
HPE 671	Health Education Pedagogy	4
HPE 675	Motor Development and Learning Across the Lifespan	4
HPE 676	Adventure Activities	3
HPE 702	Health Content and Youth Risk Behavior	4
HPE 712	Health Education Practicum	4
HPE 781	Introduction to Adapted Physical Education	4
NUTR 400	Nutrition in Health and Well Being	4
PSYC 402	Statistics in Psychology	4
or SOC 402	Statistics	
or HMP 540	Statistics for Health and Human Service Professionals	
Senior Capstone Experience		
HPE 766	Middle School and Secondary Physical Education Practicum	4
Total Credits		85-87

Degree Plan

Sample Degree Plan

This sample degree plan serves as a general guide; students collaborate with their academic advisor to develop a personalized degree plan to meet their academic goals and program requirements.

First Year

Spring		Credits
HPE 603	Game On! Playing and Leading Team Sports and Activities	3
ENGL 401	First-Year Writing	4
HMP 540	Statistics for Health and Human Service Professionals	4
or PSYC 402	or Statistics in Psychology	
or SOC 402	or Statistics	
HPE 675	Motor Development and Learning Across the Lifespan	4
Discovery Course		4
Credits		19

Fall

HPE 500	Introduction to Health & Physical Activity Promotion	2
HPE 600	Movement and Gymnastics Exploration	4

NUTR 400	Nutrition in Health and Well Being	4
Credits		10

Second Year

Spring

BMS 508	Human Anatomy and Physiology II	4
HPE 570	Elementary Physical Education Practicum	4
HPE 676	Adventure Activities	3
HPE 671	Health Education Pedagogy	4

Credits 15

Fall

BMS 507	Human Anatomy and Physiology I	4
HPE 610	Teaching Young Children Through Movement	4
HPE 648	Moving Towards Well-Being: Principles of Health Behavior Change for Health and Wellness Educators	4
HPE 601	Foundations of Lifetime Physical Activity	3

Credits 15

Third Year

Spring

HDFS 746	Human Sexuality	4
HPE 712	Health Education Practicum	4
HPE 653B	Biomechanics of Human Movement	2-4
or KIN 652	or Clinical Kinesiology	
or EXSC 722	or Applied Biomechanics	
Discovery Course		4
Discovery Course		4

Credits 18-20

Fall

HPE 655	Middle School and Secondary Physical Education Pedagogy	4
HPE 781	Introduction to Adapted Physical Education	4
HPE 702	Health Content and Youth Risk Behavior	4
EXSC 620	Physiology of Exercise	4
Discovery Course		4

Credits 20

Fourth Year

Spring

EDUC 694D	Supervised Teaching/Kinesiology	4
HPE 694	Supervised Teaching in Health and Physical Education	6
Discovery Course		4

Credits 14

Fall

EDUC 605	Educational Perspectives in Critical Times	4
HPE 766	Middle School and Secondary Physical Education Practicum	4
Discovery Course		4
Discovery Course		4

Credits 16

Total Credits 127-129

Student Learning Outcomes

Program Learning Outcomes

- Apply evidence-based pedagogical practices that enable effective teaching of health education, physical education, and adapted physical education at all levels.
- Create a learning environment that allows each student to feel safe, challenged, valued, and a sense of belonging by embracing the unique strengths each student brings into the classroom and gymnasium.
- Integrate foundational knowledge and skills of health education and physical education to enhance instructional effectiveness and student learning outcomes.
- Design standard-based curriculum for health education and physical education that supports the development of students' intellectual, physical, social and emotional well-being.
- Design and implement authentic and standardized assessments for health education and physical education that will enhance and inform student learning.
- Demonstrate leadership, effective communication, and ethical decision-making.
- Utilize current and emerging technologies to enhance assessment, engagement, and program delivery in health education and physical education.
- Facilitate interdisciplinary collaboration that improves the health and well-being of students in K-12 settings.

¹ State specific post-education requirements are subject to change. Students are responsible for confirming these requirements in their state of residence and intended practice.

Disclosures

Health and Physical Activity Promotion Major: Health and Physical Education Teacher Licensure Option (B.S.)

Location/Delivery: College of Health and Human Services, Durham Campus [In Person Program]

This program is designed to prepare graduates for professional licensure/certification as follows:

Teacher Licensure

Health and Physical Education K-12

*The University of New Hampshire has determined this program **meets** the educational requirements for licensure/certification in:*¹

Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, West Virginia, Wisconsin, Wyoming.

Additional information and related resources are available on the [Registrar's Office website](#).