

**Rule 24 Matrix**  
**Revised: March 2007**  
**Table of Alignment of Standards and Assessments**

**Endorsement: Health and Physical Education**  
**Total Hours Required by Rule 24: 48**

**Grade Levels: K-12**  
**Program Hours Required by Institution: 62-65**

**Endorsement Type: Field**  
**Name of Institution: Concordia University, Nebraska**

Endorsement Program Requirements: Nebraska teacher education institutions offering this endorsement program must have on file, within the institution, a plan which identifies the courses and the course completion requirements which the institution utilizes to grant credit toward completion of this endorsement.

**(For additional lines in each section, please go to the last column and press the tab key.)**

<b>Standard/Description</b>							
<b>006.27D</b> Certification Endorsement Requirements: This endorsement requires 48 semester hours of preparation in health and physical education courses, including a minimum of 24 semester hours in scientific foundations including, kinesiology and exercise physiology; child and adolescent growth and development; motor development; and adapted physical education; and a minimum of 24 semester hours in health education, including injury prevention and safety; substance use and abuse; family life education; emotional and mental health; community and environmental health; prevention and control of disease; personal health and physical activity; nutrition and consumer decision-making concerning health issues.			<b>Candidate Proficiencies</b>				
<b>Course #, Title, and Credits</b>	<b>Course Assessment(s)</b>	<b>Key Program Assessment(s)</b>	<b>Content Knowledge</b>	<b>Pedagogical Knowledge</b>	<b>Skills</b>	<b>Dispositions</b>	<b>P-12 Student Learning</b>
One Activity Course from each of the following (3) Team, Leisure/Adventure, Individual/Dual, Dance, Fitness, Aquatics HHP 181 Elements of Health (3) HHP 182 First Aid and CPR (2) HHP 218 Programs in Team Activities (1) OR HHP 248 Programs in Leisure & Adventure Activities (1) HHP 238 Programs in Rhythms & Dance (1) HHP 258 Programs in Individual & Dual Activities (1) HHP 268 Programs in Health & Fitness (1) HHP 273 Motor Learning (2) HHP 291 Foundations of Human Performance (2) HHP 365 Physical Education in Elem. and Middle Level Ed (2) HHP 366 Health Methods and Curriculum Design (3) HHP 385 Physiology of Exercise (3) HHP 389 Senior Seminar in Health (1) Or HHP 399 Senior Seminar in Human Performance (1) HHP 395 Biomechanics (3) HHP 465 Human Diseases (3) HHP 471 Adapted Physical Activity (3) HHP 480 Health and Human Sexuality (3) HHP 481 School Health Program (3) HHP 484 Community Health (3) HHP 486 Critical Issues in Health (3) HHP 491 Management of Physical Education and Sports (3) HHP 493 Curriculum Development in Physical Education (2) HHP 494 Measurement & Evaluation in Physical Education (3) Bio 243 Elements of Human Anatomy and Physiology (4) Select 5 Health Topics Courses from (5) HHP 280, 281, 283, 284, 285, 286, 287, 288, 289 Ed 376 Methods in Secondary Physical Education (2) Ed 385 Student Teaching: Secondary (10)							

<b>Standard/Description</b>
-----------------------------

A. Demonstrate knowledge and an understanding of: 1. Injury prevention and safety, including violence prevention; 2. Substance use and abuse; 3. Family life education, including sexuality education, and death and dying; 4. Emotional and mental health, including stress management and bereavement; 5. Community and environmental health; 6. Prevention and control of disease, including STD's, HIV, and AIDS; 7. Personal health and physical activity; 8. Nutrition; and 9. Consumer health;			Candidate Proficiencies				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
<b>A1 Injury Prevention and safety</b> HHP 181 – Elements of Health (3) HHP 182 – First Aid & CPR (2) HHP 484 – Community Health (3)	Test Tests, Skills Test Test	Program Interview; HHP Program & Overall GPA; Portfolio (For A1-A9)	X X X		X		
<b>A2 Substance Use &amp; Abuse</b> HHP 181 – Elements of Health (3) HHP 281 – Topics: Drug Education (1) HHP 484 – Community Health (3)	Test Test, Educ Program Test		X X X				
<b>A3 Family Life Education</b> HHP 181 – Elements of Health (3) HHP 480 – Health & Human Sexuality (3)	Test Tests, Unit Plan, Paper		X X	X		X	X
<b>A4 Emotional and Mental Health</b> HHP 181 – Elements of Health (3) HHP 284 – Topics: Stress Management (1) HHP 484 – Community Health (3)	Test Test, Ed Prog, Tech Present Test		X X X	X	X		
<b>A5 Community &amp; Environmental Health</b> HHP 181 – Elements of Health (3) HHP 282 – Topics: Environmental Health (1) HHP 484 – Community Health (3)	Test Tests, Educ Prog Tests, Project, Comm Serv		X X X	X			
<b>A6 Prevention &amp; Control of Disease</b> HHP 181 – Elements of Health (3) HHP 465 – Human Diseases (3) HHP 480 – Health & Human Sexuality (3)	Test Tests, Proj, Briefs, Notebook Test		X X X				
<b>A7 Personal Health &amp; Physical Activity</b> HHP 100 – Lifetime Wellness (1) HHP 181 – Elements of Health (1) HHP 286 – Topics: Men's Health (1) OR HHP 287 – Topics Women's Health (1) BIO 243 – Elements of Human Anatomy & Physiology (4)	Tests, Labs Tests Tests Tests, Ed Prog Tests, Labs		X X X X X	X	X		
<b>A8 Nutrition</b> HHP 100 – Lifetime Wellness (1) HHP 181 – Elements of Health (1) HHP 285 – Topics: Nutrition (1)	Test, Diet Analysis, Lab Test Tests, Diet Anal, Nutr Assmt		X X X		X		
<b>A9 Consumer Health</b> HHP 181 – Elements of Health (3) HHP 283 – Health Topics: Consumer Health (1) HHP 484 – Community Health (3)	Test Tests, Fit Ctr Eval, Ins Assess Test		X X X				

Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 181 – Elements of Health (3)	Philosophy, Test	Program Interview;	X				
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum	HHP Program & Overall GPA; Portfolio	X	X	X	X	X
HHP 481 – School Health Programs (3)	Resiliency Plan, CSH Strategies, Final,		X	X		X	

<u>Standard/Description</u>							
C. Assess the health behaviors and needs of students;			Candidate Proficiencies				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum, Mini-Lessons, 2-day teaching Experience, Test Development	Program Interview; HHP Program & Overall GPA; Portfolio	X		X		X
HHP 481 – School Health Programs (3)	Health Screenings, Sch Hlth Index		X	X	X		X
HHP 494 – Measurement & Evaluation in HHP (3)	Tests, Standardized Test Pres, Instrument Development		X	X	X		X
EDU 386 – Student Teaching			X	X	X		X

<u>Standard/Description</u>							
D. Plan and implement school health education;			Candidate Proficiencies				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum, Mini-lessons, 2-day teaching experience	Program Interview; HHP Program & Overall GPA; Portfolio	X	X	X		X
EDU 386 – Student Teaching			X	X	X		X

<u>Standard/Description</u>							
E. Evaluate the effectiveness of school health education;			Candidate Proficiencies				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum, Mini-lessons, 2-day teaching experience	Program Interview; HHP Program & Overall GPA; Portfolio	X	X	X		X
HHP 481 – School Health Programs (3)	Resiliency Plan, Health Screenings, Sch Hlth Index			X	X		
EDU 386 – Student Teaching			X	X	X		X

<u>Standard/Description</u>							
F. Collaborate with other professionals in implementing the coordinated school health program;			Candidate Proficiencies				

Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum, Mini-lessons, 2-day teaching experience Resiliency Plan, Health Screenings, Sch Hlth Index	Program Interview; HHP Program & Overall GPA; Portfolio		X	X		X
HHP 481 – School Health Programs (3)				X	X		
EDU 386 – Student Teaching							

<u>Standard/Description</u>							
G. Act as a resource person in health education;			Candidate Proficiencies				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum, Resource File, Mini-lessons, 2-day teaching experience Resiliency Plan, Resource Lists, CSH Strategies	Program Interview; HHP Program & Overall GPA; Portfolio	X	X	X	X	X
HHP 481 – School Health Programs (3)			X	X	X	X	X
EDU 386 – Student Teaching							

<u>Standard/Description</u>							
H. Act as an advocate for school health education;			Candidate Proficiencies				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 366 – Health Methods & Curriculum Design (3)	Curriculum, Tests, Resiliency Plan, Tests CSH Strategies, Sch Hlth Index	Program Interview; HHP Program & Overall GPA; Portfolio	X	X	X	X	X
HHP 481 – School Health Programs (3)			X	X		X	

<u>Standard/Description</u>							
I. Demonstrate knowledge and an understanding of physical education concepts, disciplinary concepts, and tools of inquiry related to the development of a physically educated person;			Candidate Proficiencies				

Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 291 Foundations of Human Performance	Research paper, presentation, tests	GPA (education)	X				
HHP 273 Motor Learning	Tests	Program admissions (Ed)	X				
HHP 385 Physiology of Exercise	Tests	Interviews (HHP)	X				
HHP 395 Biomechanics	Tests, presentations	Video/DVD (HHP)	X				
HHP 399 Senior Seminar in Human Performance	Presentations, research paper, portfolio	Portfolios (HHP & Ed)	X				
HHP 471 Adapted Physical Activity	Tests, presentation, field experience	Student teaching	X				
HHP 491 Management of PE & Sport	Tests, management project	<b>Applies to all below</b>	X	X	X	X	X
HHP 494 Measurement & Evaluation in HHP	Tests, labs		X				

<u>Standard/Description</u>							
J. Use individual and group motivation and behavior theory to create a learning environment that encourages positive social interaction, active engagement in learning, and self motivation;			<b>Candidate Proficiencies</b>				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 218 Programs in Team Activities	Annotated readings, lesson plans, peer teaching, self-evaluation, tests, notebooks (all programs classes)		X	X	X		X
HHP 238 Programs in Rhythms & Dance			X	X	X		X
HHP 248 Programs in Leisure & Adventure Activities			X	X	X		X
HHP 258 Programs in Individual & Dual Activities			X	X	X		X
HHP 268 Programs in Health & Fitness			X	X	X		X
Ed 376 Methods in Secondary Physical Education	Peer mini-lesson, teacher work sample or block plan		X	X	X	X	X
Ed 385 Student Teaching: Secondary							

<u>Standard/Description</u>							
K. Use verbal, nonverbal, and media communication techniques to foster inquiry, collaboration, and engagement in physical activity settings;			<b>Candidate Proficiencies</b>				
Course #, Title, and Credits	Course Assessment(s)	Key Program Assessment(s)	Content Knowledge	Pedagogical Knowledge	Skills	Dispositions	P-12 Student Learning
HHP 218 Programs in Team Activities	Annotated readings, lesson plans, peer teaching, self-evaluation, tests, notebooks (all programs classes)		X	X	X		
HHP 238 Programs in Rhythms & Dance			X	X	X		X
HHP 248 Programs in Leisure & Adventure Activities			X	X	X		X
HHP 258 Programs in Individual & Dual Activities			X	X	X		X
HHP 268 Programs in Health & Fitness			X	X	X		X
Ed 376 Methods in Secondary Physical Education	Peer mini-lesson, teacher work sample or block plan		X	X	X	X	X
Ed 385 Student Teaching: Secondary							X

<b>Standard/Description</b>							
L. Plan and implement a variety of developmentally appropriate instructional strategies to develop physically educated individuals;			<b>Candidate Proficiencies</b>				
<b>Course #, Title, and Credits</b>	<b>Course Assessment(s)</b>	<b>Key Program Assessment(s)</b>	<b>Content Knowledge</b>	<b>Pedagogical Knowledge</b>	<b>Skills</b>	<b>Dispositions</b>	<b>P-12 Student Learning</b>
HHP 218 Programs in Team Activities	Annotated readings, lesson plans, peer teaching, self-evaluation, tests, notebooks (all programs classes)  Peer mini-lesson, teacher work sample or block plan		X	X	X		X
HHP 238 Programs in Rhythms & Dance			X	X	X		X
HHP 248 Programs in Leisure & Adventure Activities			X	X	X		X
HHP 258 Programs in Individual & Dual Activities			X	X	X		X
HHP 268 Programs in Health & Fitness			X	X	X		X
Ed 376 Methods in Secondary Physical Education			X	X	X	x	X
Ed 385 Student Teaching: Secondary							

<b>Standard/Description</b>							
M. Select and use formal and informal assessment strategies to foster physical, cognitive, social, and emotional development of learners in physical activity;			<b>Candidate Proficiencies</b>				
<b>Course #, Title, and Credits</b>	<b>Course Assessment(s)</b>	<b>Key Program Assessment(s)</b>	<b>Content Knowledge</b>	<b>Pedagogical Knowledge</b>	<b>Skills</b>	<b>Dispositions</b>	<b>P-12 Student Learning</b>
HHP 494 Measurement & Evaluation in Physical Education	Tests, labs		X				
Ed 376 Student Teaching: Secondary	Peer mini-lesson, teacher work sample or block plan		X	X	X	X	X
Ed 385 Student Teaching: Secondary							

<b>Standard/Description</b>							
N. Evaluate one's own actions on others (e.g., learners, parents or guardians, and professionals in the learning community); and			<b>Candidate Proficiencies</b>				
<b>Course #, Title, and Credits</b>	<b>Course Assessment(s)</b>	<b>Key Program Assessment(s)</b>	<b>Content Knowledge</b>	<b>Pedagogical Knowledge</b>	<b>Skills</b>	<b>Dispositions</b>	<b>P-12 Student Learning</b>
HHP 291 Foundations of Human Performance	Field experience & journal, tests, research paper, portfolio Peer mini-lesson, teacher work sample or block plan		X	X		X	
Ed 376 Methods in Secondary Physical Education			X	X	X	X	X
Ed 385 Student Teaching: Secondary							

<b>Standard/Description</b>							
O. Foster relationships with colleagues, parents or guardians, and community agencies to support learners' growth and well-being.			<b>Candidate Proficiencies</b>				
<b>Course #, Title, and Credits</b>	<b>Course Assessment(s)</b>	<b>Key Program Assessment(s)</b>	<b>Content Knowledge</b>	<b>Pedagogical Knowledge</b>	<b>Skills</b>	<b>Dispositions</b>	<b>P-12 Student Learning</b>
Ed 376 Methods in Secondary Physical Education	Peer mini-lesson, teacher work sample or block plan		X	X	X	X	X
Ed 385 Student Teaching: Secondary							

