




# TEACHER PREPARATION PHYSICAL EDUCATION & HEALTH



“The faculty members are extremely knowledgeable and resourceful. This has provided me with knowledge and resources to become an effective PE/Health teacher in any environment.”

KHALISHA HENDERSON | MAT student



“The UofL Physical Education and Health Program is everything you need to become an outstanding teacher. The faculty challenge you to make lessons that are thorough. The experience we get during observations and student teaching is amazing.”

CLAY HARDESTY | MAT student



EMPOWER

OUR YOUTH

# TEACHER PREPARATION

PHYSICAL EDUCATION & SCHOOL HEALTH

We empower teacher candidates with expert knowledge, hands-on experience, and a dynamic professional network designed to help launch a successful career.

## YOUR TEACHING JOURNEY



Focus on your path to becoming a teacher.

### PREREQUISITE UNDERGRADUATE COURSES

- 31 credit hours in HHP core, 48 credit hours in Physical Education & School Health
- Public school field experiences
- Preparation for Master's of Arts in Teaching (MAT)

### MASTER'S OF ARTS IN TEACHING (MAT)

- One-year program: pre-school through 12-grade (P-12) certification in Health & PE
- School based methods courses in fall semester, student teaching in spring
- P-12 certification is valid in 45 other states



\$47K

Jefferson County Public Schools initial teacher salary.

Application materials due by April 1

Contact: **Carla Vidoni**  
carla.vidoni@louisville.edu

Apply: [louisville.edu/education/degrees/mat-hpe](https://louisville.edu/education/degrees/mat-hpe)



# OUR IMPACT

## PASSIONATE HEALTH EDUCATORS

Focus on your path to becoming a dynamic physical education teacher.

## OUR ADVANTAGES

- High employment rate in local school districts
- High initial salary - \$47,700 (Jefferson County Public Schools district)
- Team up with top notch professors who have extensive health and physical education industry experience

## OUR FOCUS

Our focus is to prepare future teachers who can make a difference in the health and active lifestyle of children and youth from diverse backgrounds.

## OUR MISSION

We empower teacher candidates in the Department of Health and Sport Sciences (HSS) with skills and knowledge necessary to become leaders in curriculum development at local, state, and national levels. We plan and implement meaningful, healthy movement experiences for future generations.

# DUAL TEACHING CERTIFICATION

Our program prepares undergraduate and graduate students to become certified in P-12 Physical Education and Health.

The **undergraduate program** consist of 31 hours in Health & Human Performance (HHP) core courses. The HHP core provides students with a background in the social, physiological and historical knowledge needed for specialized study in health and physical education.

## UNDERGRADUATE PROFESSIONAL COURSES:

- 26 credit hours in Physical Education, and 19 in Health Education. This provides content and pedagogical knowledge related to planning and implementing effective lessons in urban and diverse school settings.
- 7 credit hours in Teacher Education. This provides a knowledge base in pedagogical theories and practices in general education.

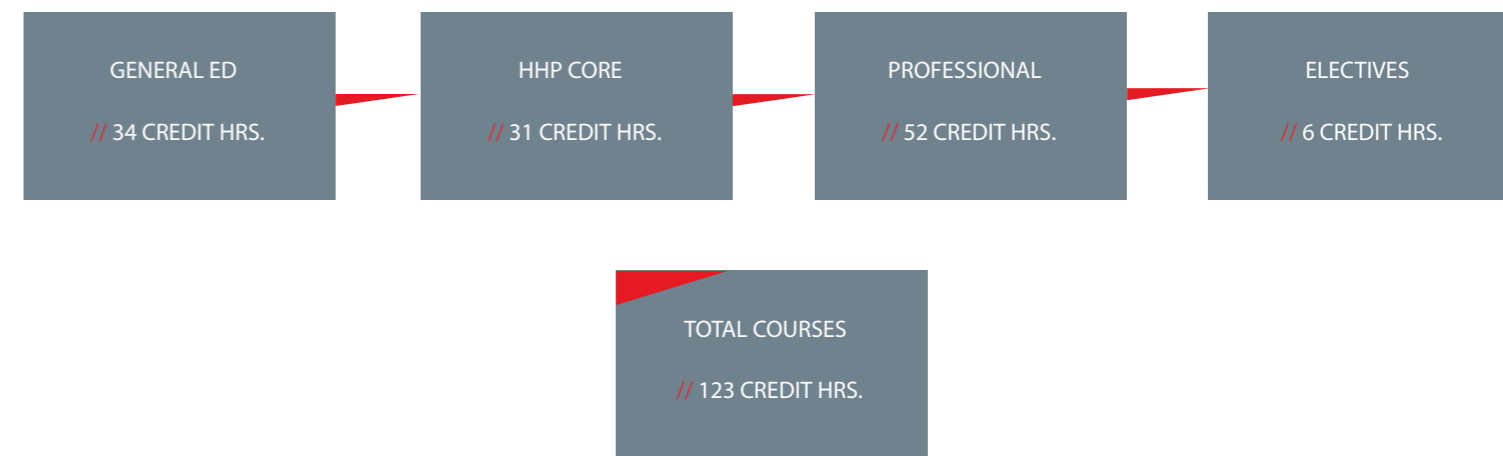
The **Master's of Arts in Teaching program (MAT) in Physical Education and Health** is a one-year cohort program which requires:

- First semester with 200+ hours of supervised field experiences and school-based methods courses.
- Second semester with 15 weeks of full-time student teaching in three different school settings (5-week school rotation), and two graduate courses.

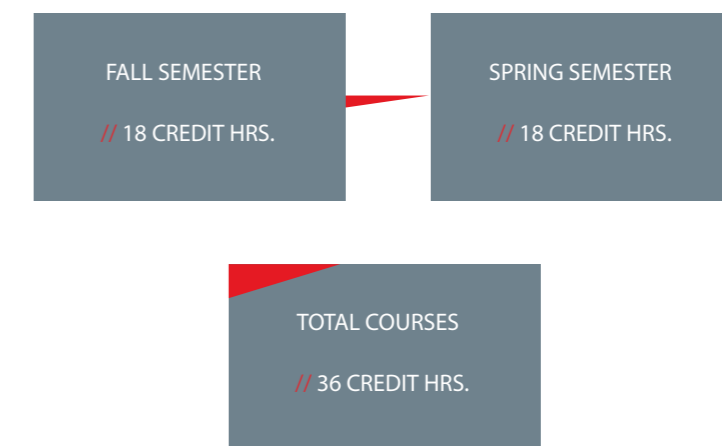
The MAT program offers Kentucky Certification in K-12 Physical Education and Health.

## YOUR TEACHING PATHWAY

### UNDERGRADUATE PROGRAM



### MAT PROGRAM



Teacher certification in the MAT program is contingent upon successful completion of state required tests.



# YOUR OPPORTUNITY

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YOUR GOALS. YOUR VISION. YOUR CAREER, FIRST.

## EXPERIENCE

Every day is active. Students engage in our state of the art classrooms, gymnasias, and laboratories equipped with modern technology and physical activity equipment.

## FACULTY

Our diverse team of professors have extensive teaching experience, an enthusiastic approach, and a strong professional network. They care for each individual student.

Our professors are connected to national and international associations, produce scholarly publications, and incorporate global trends to their teaching and research.

## LIFESTYLE

Louisville is special because of large school districts for students to have hands-on experience. Students enjoy the affordable urban atmosphere and diverse community.





## PROFESSIONAL EXPERIENCES

In professional courses, students engage, observe, and co-teach health and physical education in diverse public school settings.

Take advantage of opportunities to participate in volunteering events in public schools, parks and recreation settings. This is available in many stages of the program.

### MAJORS CLUB

The Physical Education & Health Majors Club provides students with extra social, recreational, professional and curriculum opportunities to complement the teacher preparation program.

Students participate in activities such as fundraising, volunteering, sporting events, and professional development, including workshops and Praxis series study groups.

### PARTNER SCHOOLS

|                    |                    |                      |
|--------------------|--------------------|----------------------|
| Atherton H.S.      | Barrett M.S.       | Butler H.S.          |
| Central H.S.       | Chauncey E.S.      | Cochran E.S.         |
| Crosby M.S.        | Doss M.S.          | Engelhard E.S.       |
| Fern Creek M.S.    | JCT M.S.           | Johnsontown Rd. E.S. |
| Jeffersontown E.S. | Jeffersontown H.S. | Klondike E.S.        |
| Maupin E.S.        | Medora E.S.        | Meyzeek M.S.         |
| Noe E.S.           | Oldham County H.S. | Olmsted North M.S.   |
| Seneca H.S.        | Southern H.S.      | TT Knight M.S.       |
| Tully E.S.         | Valley H.S.        | Western M.S.         |





## PHYSICAL EDUCATION

### HSS 225 | SKILL ACQUISITION & ANALYSIS

Provides learning experiences and skill assessment that will lead to the development of teaching skills in both individual and team sports across grade levels.

### HSS 270 | HISTORY & FOUNDATIONS OF HEALTH & SPORT SCIENCES

Provides students with opportunities to observe physical education teachers in elementary, middle, and high schools. Students acquire knowledge history of sport, health, and physical education and current trends about youth sport development.

### HSS 326 | MOVEMENT ACTIVITIES FOR TEACHING ELEMENTARY PHYS. EDUCATION

Includes content knowledge in dance, movement concepts through gymnastics and tumbling, lead-up/modified games, fitness, and fundamental skills.

### HSS 374 | ELEMENTARY PHYS. EDUCATION METHODS

Provides students development of pedagogical skills to plan, implement, and assess learning experiences that improve psychomotor, cognitive, and social domains of K-5 learners.

### HSS 410 | THEORIES OF SPORT PEDAGOGY

Introduces students to theory and effective thinking strategies incorporated in physical education lessons.

### HSS 411 | THEORY & ANALYSIS OF TEAM SPORT SKILLS

Provides physical education teachers with learning experiences that develop pedagogical skills to plan, implement, and assess learning experiences that improve psychomotor, cognitive, and social domains of 6-12 learners.

### HSS 412 | THEORY & ANALYSIS OF INDIVIDUAL SPORT SKILLS

Provides students with learning experiences that develop ability to critically observe, analyze, and assess basic skills of individual and dual sports.

### HSS 419 | ADAPTED PHYSICAL EDUCATION

Academic and practical approach to teach K-12 physical education students with disabilities in school settings.

### HSS 493 | INTERNSHIP IN PHYSICAL EDUCATION

This internship provides students with opportunities to plan, implement, and assess instruction and to reflect on their teaching process.

## SCHOOL HEALTH

### HSS 200 | EXPLORING HEALTH & PREVENTION SCIENCE

Includes health determinants, health behavior change models, and practice of health education in various settings.

### HSS 384 | PROGRAM PLANNING IN HEALTH EDUCATION & PROMOTION

Provides students with effective design, implementation, and evaluation of health instruction within the school and community setting; emphasis on development of sequential learning opportunities.

### HSS 385 | METHODS IN HEALTH EDUCATION

Includes best practices in teaching health education. Students explore methods, materials, and instructional technology for addressing practical learner outcomes and performance indicators in cognitive, affective, and behavioral domains.

### HSS 463 | SEXUALITY EDUCATION

Includes sexuality education for K-12 health education in teachers with a focus on content knowledge, methods of teaching, and current issues.

### HSS 455 | CURRENT TRENDS & STUDIES

Designed to help students gain experience researching, communicating, and discussing current trends and issues in health education, particularly in school health.

### HSS 562 | ALCOHOL & DRUG EDUCATION

Includes key components of drug education, such as self-concept, information, coping skills, and decision making. Drug education programs at a national, state, and local level are reviewed.

### HSS 495 | INTERNSHIP IN SCHOOL HEALTH

Applies knowledge base and teaching strategies, learned in prior courses, for K-12 school students. Candidates work under the direct supervision of a certified teacher in a secondary school setting, with opportunities to work with diverse student populations.

## TEACHER EDUCATION CORE

### EDTP 107 | HUMAN DEVELOPMENT & LEARNING

Focuses on the development of school-age children and youth, and on topics and issues of concern to teachers: cognitive development, social-emotional development, motivation, physical development, and individual differences.

### EDTP 345 & 346 | SPECIAL POPULATIONS IN SCHOOLS & FIELD EXPERIENCE

Focuses on characteristics and needs of students with disabilities, gifted/talented students, culturally and linguistically diverse students, English language learners, and students from diverse backgrounds.

# LOUISVILLE PROFESSORS



## CARLA VIDONI

Carla Vidoni received a Ph.D. in Physical Education Teacher Education at Ohio State University, a Master in Education in Physical Education/Teacher Education at University of Nebraska-Lincoln, and a Bachelor of Science with licensure in K-12 Physical Education at São Caetano Physical Education School in Brazil. She taught PK physical education for 10 years. Her primary research is related to how teaching strategies involve students' social interactions in physical education. She is SHAPE American Research Fellow, and a member of the International Association for Physical Education in Higher Education (AIESEP).



## CHERYL KOLANDER

Cheryl A. Kolander received her Health and Safety Doctorate (HSD) and Master of Science in Physical Education from Indiana University-Bloomington, and her Bachelor of Arts in Physical Education from Luther College in Iowa. In addition to teaching Health Education courses, she coordinates the School Health program at the University of Louisville. She served as an examiner for the National Council for Accreditation in Teacher Education (NCATE) and Education Professional Standards Board (EPSB). She served as lead program reviewer for the Society of Health and Physical Education (SHAPE) America.



## SETH ECKLER

Seth Eckler earned a PhD in Physical Education Teacher Education from the University of Kentucky where he also received a Master of Science in Education and a Bachelor of Science with licensure in both K-12 Physical and Health Education. He has taught both primary and secondary Physical and Health Education as well as being a secondary schools Athletic Director. Seth's primary research interest is related to physical educator teaching behaviors and how those behaviors impact student activity and enjoyment during physical education class. He is a reviewer for the Journal of Physical Education Recreation and Dance Strategies: A Journal for Sport and Physical Educators.



## MARTHA PHILLIPS

Martha Phillips received her Master of Arts in Teaching (MAT) and Bachelor of Science in Health and Human Performance - Physical Education and Health from the University of Louisville. In addition to teaching at UofL, she teaches Health Education at Jeffersontown High School. In her public school career, Martha has taught physical education, served as a Kentucky Teacher Internship Program (KTIP) resource teacher, and also as a cooperating teacher.



## TARA SCANLAN

Tara Scanlan received a Master of Arts in Teaching (MAT) and Bachelor of Science in Health and Human Performance - Physical Education and Health from the University of Louisville. She is a National Board Certified Teacher in Early and Middle Childhood Physical Education. Tara taught K-5 Physical Education for 11 years in local public schools. She has worked with Jefferson County Public Schools since 2008 presenting professional development workshops and mentoring physical education teachers. Tara has coached elementary basketball, cross-country, cheerleading, and rock climbing during her career.



## CODY WINDHORST

Cody Windhorst received her Master of Arts in Teaching (MAT) and Bachelor of Science in Health and Human Performance - Physical Education and Teacher Preparation from the University of Louisville. She received a Bachelor of Science in Business from Indiana University Southeast. She teaches introduction classes for Secondary Physical Education, coordinates field placements, and offers undergraduate advising. She also serves as a Teacher Educator for first year teachers completing their Kentucky Teacher Internship Program (KTIP).



## MARY WURST

Mary Wurst received her Master of Science in School and Community Health, and Bachelor of Science in Health and Human Performance - Physical Education and Health from the University of Louisville. In addition to teaching at UofL, she teaches Health Education at Butler Traditional High School. In her public school teaching career, Mary has served as a trainer in the mental wellness and resiliency program called Source of Strength, as a resource teacher during the Kentucky Teacher Internship Program (KTIP), and as a cooperating teacher for student teachers.



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[louisville.edu/education/degrees/mat-hpe](https://louisville.edu/education/degrees/mat-hpe)

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