



Master of Arts in Teaching

Secondary Education

Content Competencies

Health/Physical Education Endorsement (PreK-12)

This form is to notify MAT candidates of the content competency areas that are required for the Virginia Teaching Licensure and assist you in completing these requirements.

Student Information		
(Last Name)	(First Name)	(Student ID)
Bachelor's Degree:		

Guidelines	Helpful Contact Info
1. Candidates should have completed a bachelor's degree with a major in health/physical education, or a degree in a related field with courses similar to that required for a bachelor's degree in health/physical education.	contentcompevals@liberty.edu
2. Candidates must document a minimum of 45 semester hours of health/physical education content courses spread throughout the areas below.	gate2@liberty.edu
3. Courses from a Bachelor's and/or Post-baccalaureate degree, including CLEP/DANTES, can satisfy the competencies.	gate3@liberty.edu
4. Every subject in each area requires at least one course in order to be considered complete. *Duplicate content may not be used to fulfill Content Competencies.	educ@liberty.edu
5. Any Incomplete Competencies displayed in this must be completed prior to student teaching.	PH: 1-800-424-9595
6. Passing Praxis Subject Assessment must be submitted with the Gate 3 packet prior to student teaching.	
Bachelor's Degree in Health & Physical Education: Yes ☐ No ☐	

Competency	Course # and Title	Institution	Credit Hours	Met
Personal Health, Safety, & Care of Athletic Injuries (3 hours)				
Human Anatomy & Physiology (3 hours)				
Exercise Physiology (3 hours)				
Biomechanics of Human Movement/Kinesiology (3 hours)				
General Health & PE Theory (including curriculum design & development in health and PE) (3 hours)				
Secondary Physical Education (Instructional Methods & Skills) (3 hours)				
Elementary Physical Education (Concepts of Motor Learning, Instructional Methods & Skills) (3 hours)				
School Health for Elementary & Secondary (Instructional Methods & Skills) (3 hours)				
Health & Physical Education Electives (can include team, individual, adaptive, cooperative activities, rhythms and dance) (9 hours)				
Instructional Methods & Strategies (for adapted physical education) (3 hours)				
Technology in Health & PE (3 hours)				
Principles of Human Nutrition (3 hours)				
Assessment & Evaluation (in the content areas) (3 hours)				

Note: All courses must have a prefix that matches the discipline of the competency.
*Please see incompletes listed above.

***Grade Requirements: All content competencies must receive a final grade of C or higher.

Total Hours: 0

Required Hours: 45

Status: INCOMPLETE

Evaluator:

Date:

Update: