

Health & Physical Education P-12 BSED Student Learning Outcomes

Objective 1: Disciplinary Content Knowledge

Outcome 1.1: Students will have a comprehensive knowledge of health and physical education content appropriate for grades P–12, and they will apply this knowledge to design age-appropriate learning experiences for middle and high school students.

Outcome 1.2: Students will display competence in supervised clinical experiences and student teaching placements in grades P–12 health and/or physical education classrooms and gymnasiums.

Outcome 1.3: Students will show readiness for entry-level professional practice and eligibility for Alabama Class B certification in Health & Physical Education (P–12), including the ability to manage classes, design instruction, assess student learning, and/or contribute positively to school culture.

Objective 2: Proficiency in Critical Thinking Skills

Outcome 2.1: Students will design coherent units and daily lessons in health and physical education that are aligned with Alabama Course of Study standards (and relevant national standards such as SHAPE America).

Outcome 2.2: Students will plan instruction that is developmentally appropriate for adolescents, promotes active engagement, and integrates cross-curricular connections (e.g., science, math, social-emotional learning).

Outcome 2.3: Students will develop and use appropriate assessments (performance-based, skills tests, fitness measures, written assessments, projects, and/or self/peer assessment) to monitor student progress in both health knowledge and physical literacy.

Outcome 2.4: Students will analyze assessment data to make instructional decisions, provide timely feedback, and document student learning relative to program and state standards.

Outcome 2.5: Students will integrate evidence-based health education and physical activity promotion strategies to help students develop the knowledge, skills, and dispositions needed for lifelong wellness, while modeling and encouraging healthy decision-making, personal responsibility, and/or risk reduction strategies appropriate for adolescents.

Objective 3: Collaboration, Communication, and Advocacy

Outcome 3.1: Students will communicate effectively with students, families, colleagues, administrators, and community partners about health and physical education goals, student progress, and/or wellness initiatives.

Outcome 3.2: Students will collaborate with school personnel (counselors, nurses, coaches, classroom teachers) to support comprehensive school health programs and coordinated school wellness efforts.

Outcome 3.3: Students will advocate for quality health and physical education programming, facilities, and resources in secondary schools.

Objective 4: Professionalism, Ethics, and Legal Responsibility

Outcome 4.1: Students will display professional conduct consistent with the Alabama Educator Code of Ethics, school policies, and legal requirements related to student safety, confidentiality, and mandated reporting.

Outcome 4.2: Students will adapt instruction, environments, and assessments to meet the needs of diverse learners, including students with disabilities, English language learners, and/or students from varied cultural and socioeconomic backgrounds.

Outcome 4.3: Students will ensure equitable access to health and physical activity opportunities for all students, and critically consider how issues of culture, gender, and/or social context impact adolescents' health and activity behaviors.

Objective 5: Effective Use of Technology

Outcome 5.1: Students will employ a variety of instructional strategies (e.g., skills-based health instruction, cooperative learning, small-sided games, fitness circuits, peer teaching, technology-enhanced learning) to support diverse learners in P–12 settings, while creating safe, inclusive, and supportive learning environments that foster respect, positive social interaction, and responsible personal social behavior.

Objective 6: Reflective Practice and Continuous Improvement

Outcome 6.1: Students will systematically reflect on teaching practices, student learning data, and feedback from mentors/supervisors to improve instruction in both health and physical education.

Outcome 6.2: Students will engage in ongoing professional learning, staying current with research, best practices, and policy changes related to secondary HPE and adolescent health.