



**Special - Grades K-12**  
**Physical Education and Health**  
**[NAC 391.281](#)**

1. Complete the general requirements for all educator licenses: [General License Requirements](#)
2. Bachelor's or more advanced degree from an accredited college/university; and
3. Fifty-one (51) semester credits to include coursework in the following:
  - A. Anatomical kinesiology or mechanical kinesiology, or both
  - B. The physiology of exercise
  - C. Testing and measuring the skill and ability of a pupil in physical education
  - D. The psychological or social aspects of physical education, or both
  - E. Motor learning or motor development, or both
  - F. Adapted physical education
  - G. Movement activities for pupils in preschool and primary grades
  - H. Movement activities for pupils in intermediate grades
  - I. Advanced first aid or an equivalent course of study
  - J. Sex education
  - K. Nutrition
  - L. Substance abuse
  - M. Personal health or personal hygiene, or both; and
  - N. Methods and techniques of teaching:
    1. Physical fitness
    2. Team sports
    3. Rhythms and dance or rhythmic activities for pupils in elementary school; and
    4. Individual sports
4. Twenty-two (22) semester credits of professional education to include:
  - A. Foundations of education
  - B. Methods of teaching physical education in elementary and secondary grades; and
  - C. Eight (8) semester credits of student teaching in a composite program in elementary school, middle school or junior high school, and high school grades which includes four (4) semester credits in elementary grades and four (4) semester credits in secondary grades