



Skills-Based Health/ Social Emotional Learning

- CIP code 131307 • For licensure: 36 credits, 4 terms full-time
- Non-licensure: 31 credits, 3 terms full-time
- Program approved by the Mass. Dept. of Elementary & Secondary Education (DESE) for Health/Family & Consumer Science (all levels) initial licensure

Program Description — The Skills-Based Health/Social Emotional Learning (SEL) initial licensure program prepares health educators to be proficient in the Massachusetts Professional Standards for Teachers, the National Health Education Standards, and the CAEP health education teacher education (HETE) standards. Program completers are career-ready, technologically savvy, exhibit intercultural competence and are equipped to advance social justice.

Learning Outcomes — Graduates demonstrate expertise in health education content, able to conduct a needs assessment, plan and implement curriculum, assess student learning, coordinate school health, advocate for health education, and serve as a resource to the school, students and their families, and the community.

They exhibit confidence in their ability to teach comprehensive skills-based health education as a component of coordinated school health; identify student risk factors and help young people reduce those behaviors to improve their personal health and academic performance. They utilize inclusive practices to create a safe and collaborative learning environment that fosters positive socio-emotional development. They set high expectations for all students; implement well-structured lessons, with measurable assessments of learning; and engage in ongoing reflection on practice. They advocate for health/SEL by conducting, implementing, and sharing the results of action research.

Careers — Graduates teach (preK-12) and work as health educators in many settings: local health departments, hospitals and clinics, business and industry. In colleges, they also teach courses and conduct research.

SEI endorsement optional — Students are not required to be endorsed in Sheltered English Immersion. Students interested in SEI endorsement should take SEI 605 (program total will be 39 credits).

Non-licensure option: All program components are required (including pre-practicum) *except* for SEI, Practicum Readiness course, Practicum, Practicum Seminar, and MTEL exams.

Program and course schedule subject to change.

Program chair: Mary Connolly, CAGS, CHES
• mary.c.connolly@go.cambridgecollege.edu

Courses 31 credits

EHE 695	Action Research I (2 credits)	Fall
EHE 697	Action Research III (2 credits)	Fall
EHE 613	Principles of Health/Social Emotional Promotion & Public Health Issues	Fall
EHE 622	Implementing Curriculum in the Health/SEL Classroom	Fall
EHE 632	Teaching about Human Sexuality	Fall
EHE 696	Action Research II (2 credits)	Spring
EHE 698	Action Research IV (1 credit)	Spring
EHE 642	Promoting Wellness: Building Positive Health/Social Emotional Behavior	Spring
EHE 652	Preventing Unintentional Injury & Violence	Summer
EHE 662	Promoting Mental/SEL Health Through School-Based Intervention.	Spring
EHE 672	Improving School Health/SEL Through Coordination	Summer
EHE 682	Health-SEL Skills for Risk Reduction & Positive Behavior Change	Summer

Practicum Prerequisites 1 credit

- Pass all MTELs required by Massachusetts for this license: Communication & Literacy, and Health/Family & Consumer Sciences
- Completed course in anatomy and physiology.
- Pass all required courses.
- Pre-Practicum — Successfully complete program-specific hours in diverse settings (0 credit)
- EDU 704 Practicum Readiness (1 credit)
- Submit Practicum Application and Placement Approval Forms.

Practicum & Seminar (licensure students only) 4 credits

HEA 794 Practicum – 300 hrs: 150 hrs in an elementary school setting & 150 hrs in a secondary setting (2 credits)

Guided and evaluated by a licensed/certified educator in the classroom and a Cambridge College supervisor. Practicum locations are subject to DESE regulations and must be discussed with the program chair and approved by the pre-practicum/practicum coordinator.

HEA 791 Practicum Seminar (2 credits)

Electronic exit portfolio (Taskstream) required for credit.

(All courses @ 3 credits except as noted.)



Graduate certificate

Health/Social Emotional Education for School and Community Certificate

• CIP code 131307 • 12 credits, 2 or more terms

Program Description — This Health/Social Emotional Education certificate is for physical educators, community and public health educators, wellness and fitness center employees who want current knowledge of health and how to teach it effectively. Students learn to teach skills-based health education based on the Massachusetts performance indicators and the National Health Education Standards.

Two courses are required and two are selected from the initial licensure courses of the Skills-Based Health/Social Emotional Learning master's program.

Learning Outcomes include increased competency in health education content and teaching skills.

Pre-Practicum field experience: Students completing the certificate do not need to complete pre-practicum field experiences. However, students who matriculate at a later time must complete all pre-practicum field experiences associated with these courses.

Successfully completed courses may be accepted into the Skills-Based Health/Social Emotional Learning (SEL) initial licensure program if taken within 5-7 years of matriculation (subject to change).

Program and course schedule subject to change.

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Required Courses6 credits

EHE 622 Implementing Curriculum in the Health/SEL Classroom Fall
EHE 632 Teaching About Human Sexuality Fall

Electives in Health Education choose 6 credits

EHE 613 Principles of Health/Social Emotional
Promotion & Public Health Issues Fall
EHE 642 Promoting Wellness: Building Positive
Health/SEL Behavior. Spring
EHE 652 Preventing Unintentional Injury & Violence Summer
EHE 662 Promoting Mental/SEL Health Through
School-Based Intervention. Spring
EHE 672 Improving School Health/SEL
Through Coordination Summer
EHE 682 Health-SEL Skills for Risk Reduction
& Positive Behavior Change Summer

(All courses @ 3 credits except as noted.)



Graduate certificate

Skills-Based Physical Education/Social Emotional Learning Certificate

• CIP code 131307 • 12 credits online, 2 or more terms

Program Description — This Physical Education/Social Emotional Learning (SEL) certificate provides graduate course work based on SHAPE America's Grade Level Outcomes for K-12 Physical Education and the CASEL Social Emotional Competencies, for educators to enhance their knowledge of physical education content and pedagogical skills.

Students with a Massachusetts initial license in Physical Education may submit the credits earned in this program when applying for or renewing their Massachusetts professional license.

Learning Outcomes include increased competency in teaching physical/SEL education .

Courses 12 credits

EHE 718	Strategies for Inclusion in Physical Education	Fall
EHE 710	Model Based Instruction in Physical Education . . .	Spring
EHE 704	Best Practices in Physical/Social Emotional Education.	Summer
EHE 706	Assessment in Physical/Social Emotional Education.	Summer

Program and course schedule subject to change.

Program chair: Mary Connolly, CAGS, CHES
• mary.c.connolly@go.cambridgecollege.edu

Graduate certificate

Skills-Based Health/Social Emotional Learning Certificate

• CIP code 131307 • 12 credits online, 2 or more terms

Program Description — This Health/Social Emotional Learning (SEL) certificate provides graduate course work based on the National Health Education Standards and the CASEL Social Emotional Competencies, for educators to enhance their knowledge of health content and pedagogical skills.

Students with a Massachusetts initial license in Health/Family & Consumer Science may submit the credits earned in this program when applying for or renewing their Massachusetts professional license.

Learning Outcomes include increased competency in teaching skills-based health/SEL education.

Courses choose 12 credits

EHE 701	Current Research on the Interrelations of Risk Factors	Fall
EHE 703	New Perspectives in Teaching Human Sexuality.	Summer
EHE 705	Promoting Health-Social Emotional Wellness in Media-Saturated Society.	Summer
EHE 713	Assessing Skills-Based Health/Social Emotional Literacy	Spring
EHE 716	Health/Social Emotional Education for the Culturally & Language-Diverse Classroom	Fall

Program and course schedule subject to change.

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