Nebraska Wesleyan University

HHP 131 Foundations

Catalog

2011-2012

Course Description

An overview of the fields of Physical Education, Human Performance, and Sports Studies will be studied, which include teaching, exercise science, health and fitness studies, and related fields. Topics addressed will include history; careers; current issues; girls and women in sport; minorities in physical education and sport; teacher, coach, athletic trainer, and exercise specialist certifications; educational values of sports; and the importance of physical activity for all.

(Normally offered each semester.)

Course Hours

2 hours

Departments

1. Health and Human Performance