Nebraska Wesleyan University

Health and Physical Education (B.S.)

Catalog

2011-2012

Departments

1. Health and Human Performance

Health and Physical Education Major (53-57 hours)

Courses	
Students select this major if they are seeking a K-12 Field Endorsement or Grades 4-9 Subject Endorsement in Health and Physical Education	
BIO 009 Human Anatomy and Physiology	4 hours
BIO 010 Human Anatomy and Physiology	4 hours
HHP 033 Fitness Swimming HHP 042 Swimming HHP 133 Lifeguard Training/Head Lifeguard	1-2 hours
HHP 034 Weight Training	1 hour
HHP 100 Drugs in Modern Society	3 hours
HHP 101 Nutrition	3 hours
HHP 102 Consumer, Community, and Environmental Health Issues	3 hours
HHP 103 Understanding Human Sexuality	3 hours
HHP 104 Stress and Disease Management	2 hours
HHP 106 Advanced Emergency Care	1 hour
HHP 131 Foundations	2 hours
HHP 135 Basic Instruction Block II - Dual/Individual Sports	2 hours
HHP 185 Motor Learning and Control	3 hours
HHP 211 Biomechanics and Kinesiology	4 hours
HHP 215 Physiology of Exercise	4 hours
HHP 250 Planning and Implementing Elementary Physical Education Programs (K-6) (for K-12 endorsement only)	3 hours
HHP 260 Planning and Implementing Middle and Secondary Physical Education Programs (7-12)	3 hours
HHP 265 Planning and Implementing Adapted Physical Education Programs	3 hours
HHP 270 Curriculum and Assessment of Health and Physical Education Programs	3 hours
Senior Comprehensive:	**2 hrs.**

HHP 298 Capstone Seminar in Health and Human Performance (2 hrs.) and
HHP 299 Senior Comprehensive Examination (0 hrs.)

Admission into the Education Department and additional education departmental coursework is required. This major is designed to prepare students for the teaching profession in Health and Physical Education. With the addition of approximately 37 hours of education requirements, the student will be eligible for a Nebraska Teaching Certificate.