Nebraska Wesleyan University

Health and Physical Education (B.S.)

Catalog

2014-2015

Departments

1. Health and Human Performance

Health and Physical Education Major (53-54 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 1090 Human Anatomy and Physiology	3 hours
BIO 1100 Human Anatomy and Physiology	3 hours
HHP 1040 Weight Training	1 hour
HHP 1160 Fitness Swimming HHP 1140 Swimming HHP 1210 Lifeguard Training/Head Lifeguard	1-2 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 1310 Foundations	2 hours
HHP 1330 Basic Instruction Block	3 hours
HHP 2010 Drugs in Modern Society	3 hours
HHP 2020 Consumer, Community, and Environment Health Issues	3 hours
HHP 2030 Human Sexuality	3 hours
HHP 2040 Stress and Disease Management	2 hours
HHP 3010 Nutrition	3 hours
HHP 3120 Motor Learning and Control	3 hours
HHP 3500 Planning and Implementing Elementary Physical Education Programs (for K-12 endorsement only)	3 hours
HHP 3550 Planning and Implementing Health Education Programs	3 hours
HHP 3600 Planning and Implementing 7-12 Physical Education Programs	3 hours
HHP 3650 Planning and Implementing Adapted Physical Education Programs	3 hours
HHP 3850 Biomechanics and Kinesiology	4 hours
HHP 4150 Physiology of Exercise	4 hours
Senior Comprehensive:	

EDUC 4990 Student Teaching Seminar	1 hour
and	and
HHP 4990 Senior Assessment and Comprehensive Exam	0 hours

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.