**Nebraska Wesleyan University**

# Health and Physical Education (B.S.)

## Catalog

2015-2016

## Departments

1. Education (Undergraduate)
2. Health and Human Performance

### Health and Physical Education Major (51-52 hours)

| Courses | |
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| 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<br>HHP 1140 Swimming<br>HHP 1210 Lifeguard Training/Head Lifeguard | 1-2 hours |
| HHP 1270 Advanced Emergency Care | 1 hour |
| HHP 1310 Foundations | 1 hour |
| 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 2500 Human Nutrition I | 2 hours |
| HHP 3120 Motor Learning and Control | 3 hours |
| HHP 3500 Planning and Implementing Elementary Physical Education Programs<br>(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:** | |

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|---|---|
| EDUC 4990 Student Teaching Seminar | 1 hour |
| 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.