**Nebraska Wesleyan University**

# Physical Education (B.S.)

## Catalog

2015-2016

## Departments

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

### Physical Education Major (38-40 hours)

| Courses | |
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| Students select this major if they are seeking a Subject Endorsement in Physical Education for Grades K-6 or 7-12 | |
| BIO 1090 Human Anatomy and Physiology | 3 hours |
| BIO 1100 Human Anatomy and Physiology | 3 hours |
| HHP 1040 Weight Training<br>(7-12 endorsement only) | 1 hour |
| HHP 1140 Swimming<br>HHP 1160 Fitness 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 3120 Motor Learning and Control | 3 hours |
| HHP 3850 Biomechanics and Kinesiology | 4 hours |
| HHP 4150 Physiology of Exercise | 4 hours |
| HHP 3500 Planning and Implementing Elementary Physical Education Programs or<br>HHP 3600 Planning and Implementing 7-12 Physical Education Programs | 3 hours |
| HHP 3650 Planning and Implementing Adapted Physical Education Programs | 3 hours |

| Senior Comprehensive: | 1 hour |
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| EDUC 4990 Student Teaching Seminar (1 hour) and<br>HHP 4990 Senior Assessment and Comprehensive Exam (0 hours) | 1 hour |

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