

Major:

## Health and Physical Education (B.S.)

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.

### **Learning Outcomes**

Majors will be able to:

1. Provide the experience of designing and implementing a physical education program utilizing current pedagogical principles.
2. Demonstrate teaching abilities, and apply educational and physiological principles to human performance.
3. Administer and analyze assessments to evaluate motor skills, motor development and fitness performance.

### Departments/Programs:

Education (Undergraduate)  
Health and Human Performance

## Health and Physical Education Major (52-53 hours) (Leads to K-12 field endorsement in Health and Physical Education.)

| Required Courses  | 51-52 hours |
|---|-------------|
| BIO 1090 Introduction to Human Anatomy and Physiology I and BIO 1090L Introduction to Human Anatomy and Physiology I Laboratory | 4 hours     |
| BIO 1100 Introduction to Human Anatomy and Physiology II and BIO 1100L Introduction to Human Anatomy and Physiology II Lab      | 4 hours     |
| HHP 1040 Weight Training  | 1 hour      |
| HHP 1160 Fitness Swimming<br>HHP 1140 Swimming<br>HHP-1210  | 1-2 hours   |
| HHP 1270 Advanced Emergency Care  | 1 hour      |
| HHP-1310  | HHP-1310    |
| HHP-1330  | HHP-1330    |
| 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 Basic Human Nutrition  | 2 hours     |
| HHP 3120 Motor Learning and Control   | 3 hours     |
| HHP 3500 Elementary PE Methods<br>(for K-12 endorsement only)   | 3 hours     |
| HHP 3550 Health Methods   | 3 hours     |
| HHP 3600 Secondary PE Methods   | 3 hours     |
| HHP 3650 Adapted Physical Education   | 3 hours     |

| Required Courses                   |  | 51-52 hours |
|------------------------------------|--|-------------|
| HHP 3850 Biomechanics              |  | 3 hours     |
| HHP 4150 Physiology of Exercise    |  | 4 hours     |
| Capstone Courses                   |  | 1 hour      |
| EDUC 4990 Student Teaching Seminar |  | 1 hour      |
| HHP 4990 Senior Capstone           |  | 1 hour      |