

Major:

## Physical Education (B.S.)

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.

### 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

### Physical Education Major (33-34 hours)

*(Leads to subject endorsement in Physical Education for grades K-6 or 7-12.)*

| Required Courses  | 32-33 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<br>(7-12 endorsement only)   | 1 hour      |
| HHP 1140 Swimming<br>HHP 1160 Fitness Swimming<br>HHP-1210  | 1-2 hours   |
| HHP 1270 Advanced Emergency Care  | 1 hour      |
| HHP-1310  | HHP-1310    |
| HHP-1330  | HHP-1330    |
| HHP 3120 Motor Learning and Control   | 3 hours     |
| HHP 3850 Biomechanics   | 3 hours     |
| HHP 4150 Physiology of Exercise   | 4 hours     |
| HHP 3500 Elementary PE Methods or<br>HHP 3600 Secondary PE Methods  | 3 hours     |
| HHP 3650 Adapted Physical Education   | 3 hours     |
| Capstone Courses  | 1 hour      |
| EDUC 4990 Student Teaching Seminar (1 hour) and<br>HHP 4990 Senior Capstone (0 hours)   | 1 hour      |