Nebraska Wesleyan University

Health and Physical Education (B.S.)

Catalog

2019-2020

Program Description

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

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

Health and Physical Education Major (55-56 hours)
(Leads to K-12 field endorsement in Health and Physical Education.)

Required Courses	53-54 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 HHP 1140 Swimming HHP 1210 Lifeguard Training/Head Lifeguard	1-2 hours
HHP 1260 Human Health and Wellness	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

Required Courses	53-54 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 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
Capstone Courses	**2 hours**
EDUC 4990 Student Teaching Seminar	1 hour
HHP 4990 Senior Capstone	1 hour