

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 (42 hours)

(Leads to subject endorsement in Physical Education for grades PK-12.)

| Required Courses | 41 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 3120 Motor Learning and Control | 3 hours |
| HHP 3850 Biomechanics | 3 hours |
| HHP 4150 Physiology of Exercise | 4 hours |
| HHP 1270 Advanced Emergency Care | 1 hour |
| HHP 1350 Introduction to Health and Physical Education | 2 hours |
| HHP 3500 Elementary PE Methods | 3 hours |
| HHP 3600 Secondary PE Methods | 3 hours |
| HHP 3650 Adapted Physical Education | 3 hours |
| HHP 1040 Weight Training | 1 hour |
| HHP 1400 Games and Activities I | 2 hours |
| HHP 1450 Games and Activities II | 2 hours |
| HHP 1140 Swimming or HHP 1160 Fitness Swimming | 1 hour |
| HHP 1260 Human Health and Wellness | 2 hours |
| HHP 2500 Basic Human Nutrition | 2 hours |
| Capstone Courses | 1 hour |
| HHP 4990 Senior Capstone | 1 hour |