Nebraska Wesleyan University

HHP 1450 Games And Activities II

Catalog

2020-2021

Course Description

Physical education teachers must possess the knowledge and skills to effectively teach fundamental motor skills and movement patterns to their students. The purpose of this course is to teach students the basic rules and fundamental skills for common PE activities that students can play throughout their lives. The following activities will be addressed: racquet sports, tennis, track and field, dance and rhythmic activities, fitness activities and golf. Additionally, students will be introduced to less common PE activities and will have the opportunity to learn how to play them.

Normally offered each spring semester.

Course Hours

2 hours

Departments

1. Health and Human Performance