Nebraska Wesleyan University

Health and Physical Education (B.S.)

Catalog

2024-2025

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. Health and Human Performance (Undergraduate)

Required Courses	54 hours
Health and Physical Education Major (55 hours) *(Leads to PK-12 field endorsement in Health and Physical Education.)*	
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 1270 Advanced Emergency Care	1 hour
HHP 1350 Introduction to Health and Physical Education	2 hours
HHP 1400 Games and Activities I	2 hours
HHP 1450 Games and Activities II	2 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
HHP 2040 Stress and Disease Management	2 hours
HHP 2500 Basic Human Nutrition	2 hours
HHP 3120 Motor Learning and Control	3 hours
HHP 3150 Principles Of Sport Performance	3 hours
HHP 3500 Elementary PE Methods	3 hours
HHP 3550 Health Methods	3 hours

Required Courses	54 hours
HHP 3600 Secondary PE Methods	3 hours
HHP 3650 Adapted Physical Education	3 hours
HHP 3850 Biomechanics	3 hours
HHP 4150 Physiology of Exercise	4 hours
Select one: • HHP 1140 Swimming or • HHP 1160 Fitness Swimming	1 hour
Capstone Courses	**1 hour**
HHP 4990 Senior Capstone	1 hour