Nebraska Wesleyan University

Health and Physical Education (B.S.)

Catalog

2025-2026

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.

Mission Statement

To prepare high quality Health and Physical Education teachers that have the knowledge, skills, and confidence to be effective teachers and role models in the school setting.

Learning Outcomes

1. Content Knowledge: Possess an understanding of the basic health and physical education content required to pass the Praxis II Content Knowledge test required by the Nebraska Department of Education in order to become a licensed teacher.
2. Planning Instruction: Plan and develop appropriate, effective lesson and unit plans, congruent with local, state and national standards, to teach a variety of subjects/topics to meet the unique needs of a diverse student population.
3. Delivering Instruction: Apply a range of effective pedagogical instructional strategies and behavior management techniques to deliver high quality health and physical education content to meet the diverse needs of all students.
4. Assessment: Create and select an array of appropriate assessments to guide instruction, measure student learning, and evaluate the effectiveness of the health and physical education program.
5. Professionalism: Demonstrate professionalism by effectively using verbal and non-verbal communication, collaborating with others in a professional manner, utilizing the reflective cycle to implement change in teacher performance and student learning, demonstrating behaviors that are consistent with the professional ethics of highly qualified teachers, and participating in activities that lead to professional growth and development.

Departments

1. Health and Human Performance (Undergraduate)

Health and Physical Education Major (82 hours)
(Leads to PK-12 field endorsement in Health and Physical Education.)

Required Courses	54 hours
BIO 1090 Introduction to Human Anatomy and Physiology I and BIO 1090L Introduction to Human Anatomy and Physiology I Laboratory	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

Required Courses	54 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
HHP 3600 Secondary PE Methods	3 hours
HHP 3650 Adapted Physical Education	3 hours
HHP 3850 Biomechanics	3 hours
HHP 3990 Professional Engagement	1 hour
HHP 4150 Physiology of Exercise	4 hours
Select one: • HHP 1140 Swimming or • HHP 1160 Fitness Swimming	1 hour

Teacher Education Courses	28 hours
EDUC 1010 Introduction to Education in the United States	2 hours
EDUC 1750 Field Experience	1 hour
EDUC 2070 Human Development And Learning	3 hours
EDUC 2070L Human Development And Learning Lab Laboratory	1 hours
EDUC 2850 Education in a Pluralistic Society	3 hours
EDUC 2870 Instructional Technology	3 hours
SPED 3070 Methods for Teaching Secondary Students with Disabilities	3 hours
EDUC 3130 Educational Assessments: Secondary (Fall only)	2 hours
EDUC 4800 Supervised Teaching in the Elementary School	7-14 hours
EDUC 4870 Supervised Teaching in the Secondary School	7-14 hours
*EDUC 4990 Student Teaching Seminar	2 hours