Nebraska Wesleyan University

Physical Education (B.S.)

Catalog

2025-2026

Program Description

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.

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)

Physical Education Major (73 hours)
(Leads to subject endorsement in Physical Education for grades PK-12.)

Required Courses	42 hours
BIO 1090 Introduction to Human Anatomy and Physiology I and BIO 1090L Introduction to Human Anatomy and Physiology I Laboratory	4 hours
• HHP 1140 Swimming or • HHP 1160 Fitness Swimming	1 hour
HHP 1260 Human Health and Wellness	2 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 1350 Introduction to Health and Physical Education	2 hours

Required Courses	42 hours
HHP 1400 Games and Activities I	2 hours
HHP 1450 Games and Activities II	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 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
Professional Education Courses Required for PK-12 Teaching Certification	**26 hours**
EDUC 1010 Introduction to Education in the United States AND EDUC 1750 Field Experience	3 hours
EDUC 2070 Human Development And Learning and EDUC 2070L Human Developlment And Learning Lab Laboratory	4 hours
EDUC 2850 Education in a Pluralistic Society	3 hours
EDUC 2870 Instructional Technology/SPED 2870 Instructional and Adaptive Technology	3 hours
Gateway 1: *Teacher Education Program Acceptance (interviews held each October and March)*	
SPED 3070 Methods for Teaching Secondary Students with Disabilities	3 hours
EDUC 3130 Educational Assessments: Secondary	2 hours
Gateway 2: *Clinical Teaching Practice (Informational Meetings held each October and March)*	
EDUC 4810 Supervised Teaching in Elementary School Physical Education	7 hours
EDUC 4870 Supervised Teaching in the Secondary School	7 hours
EDUC 4990 Student Teaching Seminar	2 hours