Nebraska Wesleyan University

HHP 1350 Introduction to Health and Physical Education

Catalog

2025-2026

Course Description

This course provides an overview of the field of Health and Physical Education. Topics addressed will include: How to become a Health and Physical Education teacher; the role of Health and Physical Education in society; the role of Health and Physical Education in the school setting; the history of Physical Education; and current issues in Health.

Normally offered each spring semester.

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)