Nebraska Wesleyan University

HHP 1400 Games and Activities I

Catalog

2025-2026

Course Description

The purpose of this course is to teach students the fundamental skills and basic rules for games and activities commonly played in physical education classes (baseball, basketball, football, soccer, volleyball). Additionally, students will learn about and participate in a few less-common games and activities that are popular throughout the world.

(Normally offered each fall semester).

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)