

# HEALTH AND PHYSICAL EDUCATION

## Field endorsement to teach grades PK-12

If you have a love of health and fitness and would like to teach its importance to the next generation, consider a health and physical education degree. Today's culture places much importance on a healthy lifestyle. What better way to further that purpose than to become a health and P.E. teacher? At Wayne State, you'll study anatomy, exercise physiology, and biomechanics – all important things to understand as a teacher of health and physical education. With a degree in education and an endorsement in health and P.E., you'll be prepared to teach all ages (PK-12).

*If you choose the health and physical education (PK-12) field endorsement, you are not required to choose any other endorsement.*

## Fast facts

### Hours:

55 hours for endorsement  
33-36 hours for education core classes  
30 hours in general education

*At least 120 hours are required for graduation from Wayne State College.*

**Degrees offered:** B.A. or B.S.

**Departments:** Health, Human Performance, and Sport, Educational Foundations and Leadership

**Schools:** Science, Health, and Criminal Justice; Education and Behavioral Sciences

**Clinical practice:** One semester of student teaching required

**Popular pairings:** Health and Physical Education (PK-12), Middle Level Education (5-9), Elementary Education (K-8)

## focus on results

### Skills Learned

- Human anatomy and physiology
- Elementary school health and physical education
- Motor learning and development
- Athletic performance and nutrition
- First aid and CPR
- Strategies in drug education
- Exercise physiology
- Biomechanics
- Fitness evaluation and assessment
- Body testing and measuring

### Possible Careers

- Elementary physical education teacher
- Middle school physical education teacher
- High school physical education teacher
- Health educator
- Camp director
- Health studies teacher
- Athletic director
- Fitness instructor
- Rec center manager
- Referee

### Types of Employers

- Elementary schools
- Middle schools
- High schools
- Colleges and universities
- Youth sports clubs
- Recreation centers
- Health clubs
- Fitness centers
- Sports leagues
- Youth camps
- Rehabilitation centers

## outside the classroom

### Activities / Opportunities

- Northeast Nebraska Teacher Academy (NENTA)
- Peer tutoring and mentoring
- Service-Learning
- Study Abroad

### Clubs / Organizations

- Early Childhood Association
- Kappa Delta Pi
- Student Council for Exceptional Children
- Wayne Student Education Association of Nebraska (WSEAN)



Visit [www.wsc.edu/clubs](http://www.wsc.edu/clubs) to learn more about clubs and organizations on campus.

# Sample program of study

2020-21 Academic Year

Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. The class sequence listed is suggested only. The final decision rests with the student and academic advisor.

Requirements for the second endorsement may require the student to take classes during the summer session or to add an extra semester. PED 287 meets computer literacy requirement for HHPS Department.

## Freshman - 1st semester

CNA 100 Principles of Human Communication (General Studies CAT 2).....	3
ENG 102 Composition Skills (General Studies CAT 1).....	3
HIS 120 World History (General Studies CAT 10).....	3
PGH 200 Intro to Personal, Public, and Global Health (General Studies CAT 9).....	3
PED 105 Anatomy and Physiology I.....	3
PED 171 Elementary School Health and Physical Education.....	3

## Freshman - 2nd semester

ART 102 The Visual Arts Experience (General Studies CAT 4).....	3
BIO 102 Biology for General Studies (General Studies CAT 7).....	3
EDU 150 Professional Education in a Diverse Society.....	3
MAT 110 Contemporary Applications of Math (General Studies CAT 3).....	3
PED 151 Intro to Health and Physical Education.....	3
PED activity class.....	1

It is recommended that students satisfactorily complete the Core exam before completion of freshman year.

## Sophomore - 1st semester

EDU 250 Human Development and Cognition.....	3
ENG 150 Topics in Literature (General Studies CAT 6).....	3
PED 205 Anatomy and Physiology II.....	3
PED activity class.....	1
POS 100 American National Government (General Studies CAT 8).....	3
PSY 101 General Psychology (General Studies CAT 5).....	3

## Sophomore - 2nd semester

EDU 275 Intro to PK-12 Instruction.....	3
PED 200 Intro to Motor Learning and Development.....	3
PED 207 Athletic Performance and Nutrition.....	3
PED 250 Strategies in Drug Education.....	3
PED 346 Organization, Administration, and Curriculum Development of Elementary Health and Physical Education.....	3
PED activity class.....	1

**Advancement to Level 2:** Acceptance to teacher education candidacy required before taking any 300/400 level SPD/EDU courses.

## Junior - 1st semester

PED 305 Exercise Physiology.....	3
PED 341 Organization, Administration, and Curriculum Development of Secondary Health and Physical Education.....	3
PED 351 Biomechanics.....	3
PED activity class.....	1
SPD 302 Inclusive Practices for the General and Special Educator.....	3
SPD 435/436 Social, Emotional Development, Behavior Intervention, and Elementary Prosocial Classroom Management.....	3

## Junior - 2nd semester

EDU 310 Reading, Writing, and Assessment in Content Areas.....	2
PED 287 Computer Applications in HHPS.....	3
PED 361 Methods and Materials in Health and P.E.....	3
PED 381 Physical Education Practicum.....	2
PED 407 Motor Perception and Adaptives for Special Populations.....	3

## Senior - 1st semester

EDU 409 Content Area Methods and Materials.....	3
EDU 414 Content Area Clinical.....	1
PED 242 CPR Certification.....	0
PED 243 First Aid Certification.....	0
PED 470 Fitness Evaluation and Assessment.....	3
PED 471 Tests and Measurements.....	3

## Advancement to Level 3: Clinical Practice

## Senior - 2nd semester

EDU 452 Clinical Practice and Seminar for Elementary School.....	6
EDU 456 Clinical Practice and Seminar for Secondary School.....	6

All persons seeking Nebraska certification are required to provide proof of a passing score on the Praxis II content test designated for the area(s) of endorsement. For information about the test requirements, please visit the Nebraska Department of Education website at [www.education.ne.gov](http://www.education.ne.gov).

## physical education faculty

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Visit [www.wsc.edu/hhps](http://www.wsc.edu/hhps) to learn more about the Department of Health, Human Performance, and Sport.



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