

# PHYSICAL EDUCATION

## Subject endorsement to teach grades 7-12

If you're ready to share your passion for physical education with junior high and high school students, choose a Physical Education degree from Wayne State. In the 7-12 Physical Education endorsement program, you'll study anatomy, exercise physiology, and biomechanics – all important things to understand as a physical education or gym teacher. Get ready for your career in teaching health and P.E. with this route. Wayne State's excellent reputation for teacher education ensures your degree will carry weight in the marketplace.

*The Physical Education (7-12) subject endorsement is not a standalone program. You must also select a second subject endorsement to receive your B.A. or B.S.*

## fast facts

### Hours:

34 hours for endorsement  
27-33 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:** Coaching (7-12), Physical Education (PK-6)

## focus on results

### Skills Learned

- Human anatomy and physiology
- Motor learning and development
- Exercise physiology
- Biomechanics
- Curriculum development for grades 7-12
- Teaching and instruction methods
- Adapting curriculum to special needs
- Public speaking and presentation
- Oral and written communication
- Leadership and organization
- Time management

### Possible Careers

- 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
- Health club manager

### Types of Employers

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

## 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
- Nebraska State Education Association (NSEA) Aspiring Educators
- Student Council for Exceptional Children



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

# Sample program of study

2023-24 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.**

Start completing initial benchmarks during EDU 150.

## Freshman - 1st semester

CNA 100 Principles of Human Communication (General Studies CAT 2).....	3
ENG 102 Composition Skills (General Studies CAT 1).....	3
PED 105 Anatomy and Physiology I.....	3
PED 151 Intro to Health and Physical Education.....	3
PED 171 Elementary School Health and Physical Education.....	3
PGH 200 Intro to Personal, Public, and Global Health (General Studies CAT 9).....	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
HIS 120 World History (General Studies CAT 10).....	3
MAT 110 Contemporary Applications of Math (Gen Studies CAT 3).....	3
PED activity class.....	1

## 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 PK-12 Instructional Design.....	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 Inclusion and Co-teaching in General Education.....	3
SPD 436 Classroom Management through Social-Emotional Learning 7-12.....	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 Physical Education.....	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



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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