

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

Credit hours: 61

Students must also take 30 credit hours of General Studies courses. A total of 120 credit hours are needed to graduate from WSC. Additional majors or minors can be added to help meet graduation requirements.

Degree options: 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

Popular pairings: Coaching, Spanish Education

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

- Exercise is Medicine on Campus (EIM-OC)
- Nebraska State Education Association (NSEA) Aspiring Educators
- Student Council for Exceptional Children



Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.

The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

Program courses

Physical Education Content Courses

PED 200 Introduction to Motor Learning and Development.....	3
PED 204 Anatomy and Physiology I.....	3
PED 205 Anatomy and Physiology II.....	3
PED 287 Computer Applications in HHPS.....	3
PED 305 Exercise Physiology.....	3
PED 341 Organization, Administration, and Curriculum Development of Secondary Health and Physical Education.....	3
PED 351 Biomechanics.....	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
Take five of the following activity courses (PED 220 may be repeated).....	5
PED 220 Fitness and Recreation Activities (1)	
PED 224 Fitness and Pickleball (1)	
PED 227 Weight Training (1)	
PED 230 Racquet Sports (1)	

Professional Education Courses

EDU 150 Introduction to Professional Education.....	3
EDU 245 Preparing for Level 2: Teacher Candidacy.....	0
EDU 250 Human Development and Cognition.....	3
EDU 275 PK-12 Instructional Design.....	3
EDU 310 Reading, Writing, and Assessment in Content Areas.....	2
EDU 409 Content Area Methods and Assessment.....	3
EDU 414 Content Area Practicum Experience.....	1
EDU 445 Preparing for Level 3: Clinical Practice.....	0
SPD 302 Inclusion and Co-teaching in General Education.....	3
SPD 436 Classroom Management through Social Emotional Learning 7-12.....	3
EDU 456 Clinical Practice and Seminar for the Secondary School.....	6

Student learning outcomes

Health and physical education programs

1. Demonstrate competence in various motor skills.
2. Design short and long-term plans that are linked to program and instructional goals.
3. Demonstrate effective instructional cues for teaching physical skills.

Education programs

Teacher candidates who successfully complete an education preparation program at Wayne State will be able to:

1. Create environments that support individual and collaborative learning using knowledge of how students grow and develop, along with individual differences and diverse cultures. (InTASC Standards 1-3)
2. Plan for instruction by applying content knowledge, a variety of instructional strategies, and multiple methods of assessment to connect concepts for learners in real-world applications. (InTASC Standards 4-8)
3. Engage in ongoing professional learning and use evidence to reflect on and adapt practice to meet the needs of each learner. (InTASC Standard 9)
4. Seek leadership roles and opportunities to take responsibility for student learning, to collaborate with stakeholders, and to advance the profession. (InTASC Standard 10)

health, human performance, and sport faculty



Visit www.wsc.edu/health-human-performance-sport-department to learn more about the Department of Health, Human Performance, and Sport.

Kris Fox, Ph.D., ATC, CSCS
Department Chair
 Rice Auditorium 013A
 402-375-7160
krfox1@wsc.edu

Tessa Braun, MSE
Barb Engebretsen, Ph.D.
Cameron Geisert, Ed.D.
Chad Maas, Ph.D.
Paul McCawley, MSE
Blaine Meyer, Ed.D.
Mariah Smalley, MSOM

