

# HEALTH AND PHYSICAL EDUCATION

## Field endorsement to teach grades PK-12

If you have a passion for health, fitness, and recreation, and you would like to teach the next generation, consider the Health and Physical Education degree program (field endorsement) at Wayne State College. Students in this program develop the knowledge, understanding, and skills needed for careers in health and physical education, recreation, athletics, coaching, and sport management applicable to elementary, middle, and secondary students. In addition to our teaching curriculum, you'll study anatomy, exercise physiology, and biomechanics – all important things to understand as a teacher of health and physical education.

*If you choose the Health and Physical Education (PK-12) field endorsement, you are not required to choose any other endorsement.*

## fast facts

### Credit hours: 88

*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

## 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

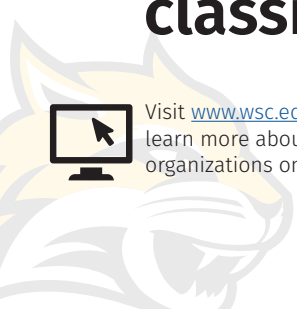
- Northeast Nebraska Teacher Academy (NENTA)
- Peer tutoring and mentoring
- Service-Learning
- Study Abroad

### Clubs / Organizations

- Exercise is Medicine on Campus (EIM-OC)
- 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.



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

### Health and Physical Education Courses

PED 151 Introduction to Health and Physical Education .....	2
PED 171 Elementary School Health and Physical Education.....	3
PED 200 Introduction to Motor Learning and Development.....	3
PED 204 Anatomy and Physiology I.....	3
PED 205 Anatomy and Physiology II.....	3
PED 207 Athletic Performance and Nutrition .....	3
PED 242 CPR/AED Certification .....	1
PED 243 First Aid Certification.....	1
PED 250 Strategies in Drug Education.....	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 346 Organization, Administration, and Curriculum Development of Elementary 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
PED 470 Fitness Evaluation and Assessment.....	3
PED 471 Tests and Measurements.....	3
Take four of the following activity courses (PED 220 may be repeated).....	4
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
EDU 452 Clinical Practice and Seminar for Elementary School.....	6
EDU 456 Clinical Practice and Seminar for the Secondary School.....	6
Select one of the following.....	3
SPD 435 Classroom Management through Social Emotional Learning K-6 (3)	
SPD 436 Classroom Management through Social Emotional Learning 7-12 (3)	

## 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

**Kris Fox, Ph.D., ATC, CSCS**  
*Department Chair*  
Rice Auditorium 013A  
402-375-7160  
[krfox1@wsc.edu](mailto: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**



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

