

Physical Education

B.A. | Bachelor of Arts in Physical Education

nwciowa.edu/kinesiology

Focus on faith

A Christian perspective is central to everything we do at Northwestern. It's what sets us apart from other colleges and universities where faith is on the margins or missing altogether. As a physical education major, you'll learn to help students train and play with an eye toward honoring their bodies and their Creator God.

Educator potential

If you hope to teach in a middle or high school setting, you'll graduate with two majors: **physical education**, which will develop your understanding of motor skill development and sports, and **secondary education**, which will give you skills to teach those principles to others. **Elementary education** majors can become certified to teach PE by adding a **physical education minor**.

Expert profs + free tutoring

Learn from professors who are experienced teachers, coaches and athletic administrators. They hold graduate degrees in physical education, exercise physiology and sport management—and each is committed to your future success as an educator.

A+ experience

Gaining classroom experience is key to building your confidence. It's why you'll spend more than 100 hours in area classrooms before you student teach. You'll also have opportunity to student teach within a 50-mile radius of campus, or to receive placement in Chicago, Denver, or with an international school.



100% placement

100% of our recent physical education grads found a job or started grad school within six months of graduation.



Class in coaching

NWC's coaching endorsement meets requirements for the state of Iowa.



Perfect score

100% pass rates for NWC physical education students who take the PE Praxis test

Outcomes

Northwestern physical education graduates are in high demand across the country and around the world. Join our standout alumni at employers such as:

- Cody Elementary School, Omaha, NE
- MOC-Floyd Valley Community School District, Hospers, IA
- Storm Lake Elementary School, Storm Lake, IA
- University of Chicago Laboratory Schools, Chicago, IL

Physical Education (Elementary and Secondary Endorsement)

Fall 2023

Course #	Course	Credits	Offered
KIN180	Introduction to Kinesiology	3.0	FA & SP
EDU102	Foundations of Education	2.0	FA & SP
BIO102	Human Anatomy & Physiology	4.0	FA
		9.0	

Spring 2024

Course #	Course	Credits	Offered
KIN104	First Aid	1.0	FA or SP
KIN202	Organization & Admin of Phys. Ed	2.0	SP
EDU202	Early Field Experience	1.0	FA & SP
PSY221	Developmental Psychology	3.0	FA & SP
		7.0	

Fall 2024

Course #	Course	Credits	Offered
KIN234	Prev and Care of Athletic Injuries	3.0	FA & SP
EDU206	Survey of Exceptional Individuals	3.0	FA & SP
EDU227	Instructional Technology	2.0	FA & SP
EDU247	Reading in the Content Area	2.0	FA & SP
		10.0	

Spring 2025

Course #	Course	Credits	Offered
KIN206	Teaching of Sports	3.0	ODD SP
KIN233	Anatomical Kinesiology	3.0	FA & SP
KIN402	Assessment in Phys. Ed	2.0	ODD SP
EDU307	General Methods in Secondary Ed	3.0	FA & SP
		11.0	

Fall 2025

Course #	Course	Credits	Offered
KIN230	Physiological Adaptations to Exercise	3.0	ODD FA
KIN318	Sec. Methods of PE and Health	3.0	ODD FA
EDU340	Human Relations	3.0	FA & SP
		9.0	

Spring 2026

Course #	Course	Credits	Offered
KIN338	Adapted Phys. Ed	3.0	EVN SP
KIN403	Motor Learning	3.0	SP
EDU304	Educational Psychology	2.0	FA & SP
EDU315	Behavior Management	2.0	FA & SP
		10.0	

Fall 2026

Course #	Course	Credits	Offered
KIN250	Techniques in Resistance Training	2.0	EVN FA
KIN317	Elem. Methods in PE and Health	3.0	EVN FA
KIN360	Sport in Societies	4.0	FA & SP
EDU409	Philosophy of Education	2.0	FA & SP
		11.0	

Spring 2027

Course #	Course	Credits	Offered
KIN416	Vertical Student Teaching	14.0	FA & SP
		14.0	

***This is a GUIDE - Class days, times and offerings may change and conflict with each other, in which case adjustments would need to be made.