Core Requirements  
(Pre-requisites: BIOL 111/111L or BIOL 150/150 L, BIOL 220/220L, HPER 210)

- HPER 206: Social Folk/Dance....................................................1
- HPER 209: Rhythms and Tumbling............................................1
- HPER 370: Fitness/Sports Teaching Techniques....................... 3
- HPER 402: Exercise Physiology.................................................3
- HPER 415: Evaluation of Psychomotor Perform.........................3
- HPER 440: Org./Admin. of Phys. Ed. and Athletics....................2

Movement Skills: (select 1 course from the following)
- HPER 120: Racquet Sports........................................................1
- HPER 130: Spring Outdoor Pursuits...........................................1
- HPER 131: Fall Outdoor Pursuits..............................................1
- HPER 135: Golf..........................................................................1
- HPER 153: Recreational Sports.................................................1

Aquatics: (select 1 course from the following)
- HPER 219: Lifeguard Training....................................................1
- HPER 263: Swimming and Basic Water Safety............................1
- HPER 265: Water Safety Instructor............................................2