

Health, Physical Education and Recreation

Minor: Physical Education



Core Requirements

(Pre-requisites: BIOL 111/111L or BIOL 150/150 L, BIOL 220/220L, HPER 210) HPER 319 is required for elementary certification.

HPER 206	Social Folk/Dance	1 SH
HPER 209	Rhythms and Tumbling	1 SH
HPER 233	Individual Fitness	2 SH
HPER 310	Foun./Hist. of Phys. Educ. and Sports	2 SH
HPER 333	Phys. Educ. for the Exceptional Child	2 SH
HPER 370	Fitness/Sports Teaching Techniques	3 SH
HPER 402	Exercise Physiology	4 SH
HPER 415	Evaluation of Psychomotor Perform	3 SH
HPER 440	Org./Admin. of Phys. Ed. and Athletics	2 SH
Movement Skills: (select 1 course from the following)		
HPER 120	Racquet Sports	1 SH
HPER 130	Spring Outdoor Pursuits	1 SH
HPER 131	Fall Outdoor Pursuits	1 SH
HPER 135	Golf	1 SH
HPER 153	Recreational Sports	1 SH
Aquatics: (select 1 course from the following)		
HPER 219	Lifeguard Training	1 SH
HPER 263	Swimming and Basic Water Safety	1 SH
HPER 265	Water Safety Instructor	2 SH