



## Physical Education *minor*

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Required Credits: 30

Required GPA: 2.00

### I REQUIRED COURSES

SELECT 1 OF THE FOLLOWING COURSES:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1211 Introductory Biology I (4 credits)

COMPLETE THE FOLLOWING COURSES:

- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)

### II REQUIRED ELECTIVES

#### A. METHODS ELECTIVES

SELECT 3 OF THE FOLLOWING COURSES:

- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 3505 Teaching Elementary Physical Education (2 credits)
- PHED 3604 Teaching Team Sports (2 credits)
- PHED 3605 Teaching Individual Sports (2 credits)
- PHED 3607 Teaching Fitness (2 credits)

#### B. THEORY ELECTIVES

SELECT 2 OF THE FOLLOWING COURSES:

- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
- PHED 4500 Inclusive Physical Education (3 credits)

#### C. AQUATICS ELECTIVES

SELECT 1 OF THE FOLLOWING COURSES:

- PHED 1116 Advanced Swimming (1 credit)
- PHED 2630 Lifeguard Training (3 credits)
- PHED 2640 Water Safety Instructor (3 credits)