



Human Performance Minor *minor*

- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)

Required Credits: 21

Required GPA: 2.00

I REQUIRED COURSES

Complete the following courses:

- BIOL 1110 Human Biology (4 credits)
*or*BIOL 1211 Introductory Biology I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)

Complete 1-3 credits of the following course:

- PHED 4975 Internship: Human Performance (1-3 credits)

REQUIRED OPTION

Select one of the following options (Physical Education and Exercise Science majors may not double count courses in either option.)

II REQUIRED OPTION

Option A. Pedagogy

Select 3 of the following courses:

- PHED 2640 Water Safety Instructor (3 credits)
- PHED 3100 Motor Development (2 credits)
*or*PHED 3110 Motor Learning (2 credits)
- 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)

Option B. Fitness and Training

Select 1 of the following:

- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)

Select 2 of the following courses:

Note: PHED 4160 and PHED 4170 cannot count for both areas.

- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3100 Motor Development (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)