

## Health, Physical Education and Recreation

### *Minor: Health, Health Education*

Health education minors complete the essential studies requirements plus the program requirements listed here. Candidates for teaching certification must complete the secondary core required for teacher certification to include EDUC 398-Secondary Education Field Experience and EDUC 482, and EDUC 426-Reading in the Content Area.



## Core Requirements

Pre-Requisites: BIOL 111/111L or BIOL 150/150L, BIOL 220/220L, PSYC 111, SOC 110 and HPER 210)

HPER 217	Personal and Community Health	2 SH
HPER 222	Nutrition	3 SH
HPER 233	Individual Fitness	1 SH
HPER 310	Foundations & History of Health Physical Education and Sports	2 SH
HPER 332	Comprehensive Health Educ. for K-12	3 SH
HPER 340	Modern Issues and Materials in Health	3 SH
HPER 402	Exercise Physiology	4 SH
HPER 450	Health Psychology	3 SH
SOC 335	Marriage and Family	3 SH
	-OR-	
SOC 355	Drugs and Society	3 SH

**Total 25 SH**



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