

PHYSICAL EDUCATION AND HEALTH

Minors Checklist (Only Non- Majors may complete a Minor)

Physical Education (Complete a minimum of 30 Credits)

PEH 270	History, Philosophy & Ethics in PEH (3)	_____
PEH 294	Team Sports for Health Promotion (3)	_____
PEH 311	Psychology and Sociology of Sport (3)	_____
PEH 359	Care & Prevention in PEH Settings (3)	_____
PEH 364	Scientific Basis for Coaching Youth Spts (3)	_____
PEH 394	Games, Dance, and Gymnastics for Health Promotion (3)	_____
PEH 410	Selected Topics (1-6) with advisor approval	_____
PEH 412	Program Design and Evaluation (3)	_____
PEH 444	Adaptive Physical Education (3)	_____
PEH 470	Sport Management (3)	_____
PEH 494	Individual Lifetime Sports for Health Pro (3)	_____
	Other Electives as Approved	_____

Health Studies Minor (30 Credits)

The following 16 credits are required

PEH 250	Personal Skills for Healthy Living (3)	_____
PEH 298	Health and Fitness for Life (3)	_____
PEH 325	Nutrition (4)	_____
PEH 350	Lifestyle Behavior and Health (3)	_____
PEH 351	Community and Social Skills for Healthy Living (3)	_____

Choose at least 14 credits from the following:

PEH 320	Healthy Activities and Games (3)	_____
PEH 409	Practicum (1-6)	_____
PEH 410	Selected Health Topics (1-6)	_____
PEH 422	Gerontology and Healthy Activities (2)	_____
GEN/SOC 360	Gender and Power (5)	_____
PEH 431	Alcohol and Drugs: Prevention (5)	_____
PEH 432	Substance Abuse and Family Relations (5)	_____
PEH 433	Alcohol and Drugs: Use Misuse and Addiction (5)	_____
PSY 231	Human Sexuality (3)	_____
PSY 311	Principles of Development (5)	_____
SOC 338	Sociology of Families_(5)	_____

* A student may take up to a total of 45 credits within the graduation requirement of 186 credits of courses numbered PEH 410

Revised April 16, 2004