

AREAS OF STUDY - MINORS

Coaching Minor

The coaching minor can be added to any physical education concentration. This minor provides students with a strong background in the philosophical and practical aspects of coaching.

Courses are designed to present basic knowledge of the prevention of injuries, coaching theories, coaching in specific sports, and the psychological components of sports and participation.

Required courses include:

- PE 190 First Aid/CPR 2 cr
- PE 192 Sport First Aid 1 cr
- PE 220 Coaching Theory 2 cr
- PE 221 Coaching of... 1 cr
- PE 221 Coaching of... 1 cr.
- PE 310 Psychology of Sport 3 cr
- PE 370 Kinesiology 3 cr
- PE 387 Fitness Assessment and Prescription 3 cr
- BIO 205 Nutrition 3 cr

Health and Safety Minor

This minor provides students with a basic knowledge of health and safety. When combined with a Secondary Education Complementary Major, courses in this minor can be used to add a health endorsement to teaching certification.

Classes must include:

- PE 190 First Aid/CPR 2 cr
- PE 230 Seminar in Health 3 cr
- PE 231 Drugs and Health 3 cr
- PE 389 Methods of Teaching Health 3 cr
- BIO 205 Nutrition 3 cr

One of the following:

- PE 191 First Aid Instructor Certification 1 cr
- PE 192 Sport First Aid 1 cr

Physical Education Teaching Minor

This minor is designed for students who are pursuing a Secondary Education major in an area other than physical education. This teaching minor is designed for those who wish to add physical education to their teaching certification.

Classes must include:

- PE 150 Introduction to Physical Education 1 cr

- PE 190 First Aid/CPR 1 cr
- PE 160 Dance Patterns 2 cr
- PE 165 Gymnastics 2 cr
- PE 289 Methods of Teaching Elementary Physical Education 3 cr
- PE 240 Hist/Phil. and Organiz.in Physical Education 3 cr
- PE 315 Teaching Team Sports 3 cr
- PE 325 Teaching Individual Sports 3cr
- PE 370 Kinesiology 3 cr
- BIO 205 3 cr

One of the following:

- PE 191 First Aid Instructor Certification 1 cr
- PE 192 Sport First Aid 1 cr

One of the following:

- PE 387 Fitness Assessment and Prescription 3 cr
- PE 440 Physiology of Exercise 3 cr

For further assistance please contact Dr. Barbara Tyree
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