

Physical Education Minor

The Physical Education minor is designed to prepare individuals interested in teaching physical education or in coaching various sports. More than just a collection of activities, the concentration includes specialized theory courses that prepare a student to identify and assess the needs of individuals in the domain of fitness and wellness.

Requirements for a Minor in Physical Education (19 credits)

Physical Education Minor Core (14 credits)

- HL 101 Health (3)
- HL 102 Advanced First Aid (3)
- EX 111 Introduction to Principles & Philosophy of Physical Education (3)
- EX 202 Concepts of Fitness (2)
- EX 302 Methods & Materials of Coaching (2)
- IS 310 Pre-Practicum (1)

Physical Education Minor Electives (5 credits)

Choose one:

- EX 341 Practicum (3) **OR**
- OE class at 300 or above (3)

Choose two Physical Education Courses (2)

The study and application of Physical Education as a minor is used to provide an understanding of the physiological growth and development of the human body. It also develops skills and techniques for teaching physical education, and explores creative ways in which to implement a physical education curriculum. These combined skills provide an essential role in the pedagogical training of teachers and coaches.