Health and Human Performance

MINORS

Minor in Coaching

The Coaching Option is offered to enhance preparation of individuals wishing to serve as coaches in K-12 settings. This is a non-teaching minor and does not qualify as an area of endorsement.

Required Courses:
- HHP 210 First Aid & CPR
- HHP 249 Foundations of Coaching
- HHP 362 Basic Athletic Training
- HHP 410 Psychology of Coaching
- HHP 430 Exercise Physiology
- HHP 431 Exercise Physiology Lab
- HHP 463 Kinesiology & Biomechanics
- HHP 464 Kinesiology & Biomechanics Lab

Two from the following (all include a 1 credit practicum)
- HHP 240 Coaching Volleyball
- HHP 241 Coaching Football
- HHP 242 Coaching Basketball
- HHP 244 Coaching Track & Field
- HHP 246 Coaching Gymnastics
- HHP 247 Coaching Softball/Baseball
- HHP 248 Coaching (Current Sport)

Minor in Health Education

Required Courses:
- HHP 101 Health Sciences OR
- HHP 201 Core Concepts in Health
- HHP 211 Community Health
- HHP 320 Current Issues in Health
- HHP 330 Health Behavior Theories
- HHP 340 Health Education Strategies

Four courses from the following list:
- HHP 411 Alcohol, Tobacco & Other Drug Prevention
- HHP 425 Health & Sexuality
- HHP 430 Exercise Physiology
- HHP 431 Exercise Physiology Lab
- HHP 432 Nutrition in HHP
- HHP 433 High Level Wellness
- HHP 435 Health Aspects of Aging
- HHP 436 Stress Management & Emotional Health
- HHP 445 Exercise Testing & Prescription

Teaching Minor in Health & Physical Education K-12

For students who are gaining teaching licensure in a content major, the following minor leads to endorsement.

Required Courses:
- HHP 100 Foundations of Exercise Science
- HHP 260 Foundations & Scientific Fundamentals
- HHP 330 Health Behaviors Theories
- HHP 340 Health Education Strategies
- HHP 370 Methods of PE K-12
- HHP 405 Outdoor & Camping Education
- HHP 430 Exercise Physiology
- HHP 431 Exercise Physiology Lab

OR
- HHP 463 Kinesiology & Biomechanics
- HHP 464 Kinesiology & Biomechanics Lab

Two of the following teaching techniques courses:
- HHP 344 Physical Education Techniques I
- HHP 346 Physical Education Techniques II
- HHP 348 Physical Education Techniques III

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