

Health and Human Performance



Department
of 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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