

PHYSICAL EDUCATION - HEALTH, HUMAN PERFORMANCE, AND RECREATION (BSE)

Code	Title	Units
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Degree Requirements - 10-16 Units

Select one of the following:

EDFOUND 423	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	
HEALTHED 471	RESEARCH IN HEALTH AND PHYSICAL ACTIVITY	
RECREATN 423	RESEARCH AND EVALUATION IN RECREATION AND LEISURE STUDIES	
PEPROF 209	INVESTIGATING COMMUNITY PROFESSIONS IN PHYSICAL EDUCATION	1
PEPROF 493	HEALTH, HUMAN PERFORMANCE & RECREATION INTERNSHIP	6-12

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Major - 35 Units

PEPROF 165	INTRODUCTION TO PHYSICAL EDUCATION	2
PEPROF 271	STRUCTURE AND FUNCTION OF THE HUMAN BODY	4
RECREATN 320	LEADERSHIP AND FACILITATION OF RECREATIONAL GAMES	3
PEPROF 371	KINESIOLOGY	3
PEPROF 415	HEALTH APPRAISAL AND EXERCISE TESTING	3
PEPROF 416	EXERCISE PRESCRIPTION AND LEADERSHIP	3
PEPROF 471	PHYSIOLOGY OF EXERCISE	3

Select 3 units from the following: 3

HEALTHED 360	CURRENT TOPICS IN HEALTH AND WELLNESS
HEALTHED 362	STRESS MANAGEMENT
HEALTHED 391	
SAFETY 201	PERSONAL AND PUBLIC SAFETY
SAFETY 255	ALCOHOL AND OTHER DRUGS

Select 3 units from the following: 3

HEALTHED 465	
RECREATN 334	RECREATION PROGRAMMING
RECREATN 391	OUTDOOR RECREATION LEADERSHIP
COACHING 265	COACHING OF COMMUNITY SPONSORED SPORTS

Select 3 units from the following: 3

PEPROF 480	
RECREATN 382	ADVENTURE AND SPORT TOURISM
RECREATN 388	SPECIAL EVENTS MANAGEMENT
RECREATN 480	LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES

RECREATN 489	MANAGING RECREATIONAL SPORT PROGRAMS
COACHING 480	LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES
RECREATN 440	COMMERCIAL AND ENTERPRENEURIAL RECREATION
RECREATN 450	PLANNING, DESIGN, AND MANAGEMENT OF RECREATION FACILITIES

Select 3 units from the following: 3

PEPROF 475	ADAPTED PHYSICAL EDUCATION FOR LICENSURE STUDENTS
RECREATN 360	AGING AND LEISURE
RECREATN 361	

Select 2 units in Health, Physical Education, Recreation or Coaching approved by advisor 2

Total Units 35

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Proficiency Requirement

PEPROF 281	FIRST AID AND C.P.R. (or First Aid Proficiency)	2
PEPROF 281	FIRST AID AND C.P.R. (or Cardiopulmonary Resuscitation Proficiency)	2
PEPROF 281	FIRST AID AND C.P.R. (or Automatic External Defibrillation Proficiency)	2

Writing Proficiency per department requirement.

An approved minor is required for this major.