

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

## Code Title Units

### 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 |

## Code Title Units

### 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

## Code Title Units

### 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.