

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

Code	Title	Units
<b>Degree Requirements - 10-16 Units</b>		
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
<b>Code Title Units</b>		
<b>Major - 35 Units</b>		
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
<b>Proficiency Requirement</b>		
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.