

Minors in Health & Physical Education

Minor in Fitness and Wellness

PE 101 Physical Conditioning	1 hour
PE 205 First Aid and CPR	1 hour
PE 280 Weight Training	1 hour
PE 285 Introduction to Physical Education	3 hours
PE 320 Fitness Testing	2 hours
PE 401 Physiology of Exercise	3 hours
PE 415 Kinesiology	3 hours
BI 111 Human Anatomy & Physiology and Lab	3 hours
FS 131 Nutrition	3 hours
Total	20 hours

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PE Activities – Select one course from each of these areas: aquatics, fitness, individual sports, and team sports	4 hours
PE 205 First Aid and CPR	1 hour
PE 285 Introduction to Physical Education	3 hours
PE 305 Officiating Athletic Contests	2 hours
PE 310 Athletic Injuries	2 hours
PE 340 Organization and Administration of Physical Education	2 hours
PE Electives	5 hours
Total	19 hours