

Department of Physical Education and Human Performance

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Faculty

Professors: Jean R. Lopour; *Associate Professors:* Benjamin Davidson; *Assistant Professor:* Rick Lambson, Julie Taylor, ~~Matthew Rhea~~; *Adjunct Instructors:* Christopher Mason, Ricky Mendini, Ken Nielson.

Degrees Offered

Bachelor of Arts/Bachelor of Science

- Physical Education, Teaching Emphasis/~~Coaching Emphasis~~
- Physical Education, ~~Coaching Emphasis~~, Exercise Science Emphasis
- Athletic Training accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).
- Outdoor Recreation in Parks and Tourism

Minor

- Physical Education, ~~Teaching/Coaching Emphasis~~
 - ~~Teaching Emphasis~~
 - ~~Coaching Emphasis~~
- ~~Athletic Training/Sports Medicine Emphasis~~
- Health Education
- Elementary Education Physical Education
- Outdoor Recreation in Parks and Tourism

NOTICE:

To all Physical Education degree seeking students: At time of catalog publication, degree changes are pending Utah Board of regents approval. The On-line Catalog will take precedence over the printed catalog. Students must meet with their PE adviser before completing degree requirements.

Department Statement

The mission of the physical education department is to provide students with the knowledge, skills and opportunity to be a physically educated person, not just for the present, but for a lifetime. The students will be able to demonstrate competence in many different forms of physical activity using concepts of body awareness, space awareness, effort and relationships. They will demonstrate proficiency in a few forms of physical activity and will learn how to learn new skills. The students will learn how to select and will be encouraged to participate in health enhancing lifetime physical activities at least three times a week.

The students will demonstrate knowledge of rules, strategies and appropriate behaviors for selected physical activities which includes coaching, athletic training/sports medicine, intramurals and health

education. They will be able to identify the benefits; cost and obligations associated with regular participation in physical activity as well as recognize the risk and safety factors associated with participation. They will understand that wellness involves more than being physically fit and will understand that physical activity provides the opportunity for enjoyment, self expression and communication and that it can lead to multicultural and international understanding.

The students will cherish the feelings that result from regular participation in physical activity and will appreciate the relationships with others that result from participation. They will respect the role that regular physical activity plays in the pursuit of life-long health and well being.

Summary of Fields of Study

- Students should consult with their academic adviser as they prepare coursework plans.
- Physical Education majors and minors are required to obtain a "C-" or better grade in their major/minor coursework.
- Licensure to teach Physical Education in public schools may be obtained through the College of Education.

Degree Requirements

Physical Education Major Teaching/Coaching Emphasis Bachelor of Arts/Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 103)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take PE 1098, BIOL 1020/1025)	19
University Requirements	
BA Degree – Foreign Language/ ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (35 hours)	
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
<i>Prerequisite BIOL 1020/1025</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3090 Adaptive Physical Education	3
PE 4710 Evaluation in Physical Education	3
PE 4740 Organization & Administration of Activity Based Programs	3
PE 4750 Psycho-Social Aspects in Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4970 Teaching Individual, Dual & Team Sports	3
<i>Prerequisite PE 1830, 1870, 4900</i>	
**Must either take the class or have current card of completion at graduation.	

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PE 1305 Intermediate Swimming (Class or Card)**	(0.5)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
OR	
PE 1542 Wilderness 1 st Responder	(2)
Core Options: Take 4 credits from the following:	
PE 2800 Individual & Dual Sports Coaching & Officiating	2
PE 2810 Football Coaching & Officiating	2
PE 2820 Soccer Coaching & Officiating	2
PE 2830 Volleyball Coaching & Officiating	2
PE 2840 Basketball Coaching & Officiating	2
PE 2850 Baseball Coaching & Officiating	2
PE 2860 Softball Coaching & Officiating	2
PE 2870 Track & Field Coaching & Officiating	2
Other Electives (includes completing minor, & B.A./B.S. requirement or licensure)	44-45
Total Credits, B.A./B.S. degree	120

Physical Education, Coaching Emphasis Bachelor of Arts/Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 103)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take PE 1098, BIOL 1020)	49
University Requirements	
BA Degree – Foreign Language/ASL Requirement (16 hours of proficiency test)	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (35-36.5 hours)	
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
— Prerequisite BIOL 1020	-
PE 3070 Exercise Physiology	3
— Prerequisite BIOL 1020	-
PE 3080 Athletic Training/Sports Medicine	3
— Prerequisite BIOL 1020 or 2320/2325	-
PE 3090 Adaptive Physical Education	3
PE 4710 Evaluation in Physical Education	3
PE 4740 Organization & Administration of Activity-Based Programs	3
PE 4750 Psycho-Social Aspects in Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4970 Teaching Individual, Dual & Team Sports	3
— Prerequisite PE 1830, 1870, 4900	
**Must either take the class or have current card of completion at graduation.	
PE 1305 Intermediate Swimming (Class or Card)**	(0.5)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
OR	
PE 1542 Wilderness 1 st Responder	(2)
Core Options: Take 4 credits from the following:	

PE 2800 Individual & Dual Sports Coaching & Officiating	2
PE 2810 Football Coaching & Officiating	2
PE 2820 Soccer Coaching & Officiating	2
PE 2830 Volleyball Coaching & Officiating	2
PE 2840 Basketball Coaching & Officiating	2
PE 2850 Baseball Coaching & Officiating	2
PE 2860 Softball Coaching & Officiating	2
PE 2870 Track & Field Coaching & Officiating	2
Other Electives (includes completing minor, & B.A./B.S. requirement or licensure)	44-45
Total Credits, B.A./B.S. degree	120

Professional Education Requirements for Secondary Licensure	
Course Title	Credits
Required Credits: 30-31 minimum in Education	
EDUC 2000 Exploring Education in Society*	3
EDUC 3170 Instructional Technology for Educators	3
SCED 3200 Secondary Educational Psychology	3
SPED 3030 Foundations of Special Education	2
PE 4900 Methods of Teaching Secondary Physical Education	2
SECONDARY BLOCK AS NOTED BELOW	
SCED 3570 Motivation and the Management of Diverse Instructional Environments for Secondary Teachers	3
SCED 3590 Instructional Planning, Delivery, and Assessment for Secondary Teachers	3
SCED 3720 Content Literacy	2
SCED 4520 Secondary Practicum/Seminar Clinical Practice (student teaching) is taken the semester prior to secondary block as noted below	3
SCED 4980 Clinical Practice	7
PE 4980 Student Teaching (taken the semester following the secondary block)	2
Total Credits	33-34
*Meets general education requirement in the interdisciplinary knowledge area	

Physical Education Major Exercise Science Emphasis Bachelor of Arts/Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 103)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take PE 1098, BIOL 1020/1025 or BIOL 2320/2325 and BIOL 2420/2425)	19
University Requirements	
BA Degree – Foreign Language/ ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (27 hours)	
PE 3050 Motor Learning	3

PE 3060 Kinesiology	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 4010 Methods of Sports Conditioning	3
PE 4020 Research Methods and Statistics	3
PE 4030 Clinical Applications of Exercise Science	3
<i>Prerequisite PE 1098, PE 3070</i>	
PE 4040 Exercise Testing and Prescription	3
<i>Prerequisite PE 1098</i>	
PE 4830 Readings and Conferences	3
**Must either take the class or have current card of completion at graduation.	
PE 1543 Adv. First Aid/CPR (Class or card)	(1)
Core Options: Select Three Classes (9 hours)	
PE 4400 Evaluation of Lower Extremity and Trunk	3
<i>Prerequisite PE 3080</i>	
PE 4410 Therapeutic Exercise and Rehabilitation	3
<i>Prerequisite PE 3080</i>	
PE 4420 Therapeutic Modalities & Athletic Training Management	3
<i>Prerequisite PE 3080</i>	
PE 4740 Organization and Administration of Activity Based Programs	3
PE 4750 Psycho-Social Aspects of Sports	3
PE 4860 Physical Education Practicum	3
NFS 3020 Nutrition as Related to Fitness & Sports	3
Other Electives (includes completing minor, & B.A./B.S. requirement or licensure)	47/48
Total Credits, B.A./B.S. degree	120

ATHLETIC TRAINING DEGREE:

This program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

The Athletic Training Major is designed to prepare those students seeking a career as a Certified Athletic Trainer. Completion of the major will qualify students to take the certification exam administered by the National Athletic Trainers Association Board of Certification. Successful completion of the exam will result in Certification as an Athletic Trainer by the NATABOC. A student in athletic training will learn to apply knowledge of human anatomy, human physiology, exercise physiology, kinesiology, conditioning, strength training, nutrition, and therapy in the prevention, evaluation, recognition, immediate care, and rehabilitation of athletic injuries. Career opportunities include working with athletic teams at all levels of competition, in sports medicine, clinical settings, or other allied health facilities and industry. Students will be selected in the Athletic Training major in a three step process.

Admission Criteria

Application for admission into the Athletic Training Major requires the applicant to be in her/his sophomore year. Submit completed application by February 15th. The major requires a minimum of two years to complete. A maximum of twelve (12) students will be selected to enter the program each year. Each year, there are

more students applying than can be accepted, so the process is competitive.

Candidates are admitted to the Athletic Training Major Fall semester after the completion of a formal admission process the previous Spring semester. Admission is based on measures of student performance in academic settings, personal recommendation, and personal interview. Notification of admittance occurs during the first week of May.

Admission Requirements - current SUU students

- Overall GPA equal to or greater than 2.8 on a 4.0 scale.
- Completion of the following prerequisite classes with a grade of C or better or current enrollment.
 - Advanced First Aid/CPR (Physical Education 1543) or current cards
 - Human Physiology with lab (Biology 2420 and 2425)
 - Human Anatomy with lab (Biology 2320 and 2325)
 - Athletic Training/Sports Medicine (Physical Education 3080)

Admission Requirements - students transferring from another institution

- Admission to Southern Utah University
- Overall GPA equal to or greater than 2.8 on a 4.0 scale.
- Successful completion of courses (with a grade of C or better or current enrollment) comparable to the following which are provided at SUU.
 - Advanced First Aid/CPR (Physical Education 1543) or current cards
 - Human Physiology with lab (Biology 2420 and 2425)
 - Human Anatomy with lab (Biology 2320 and 2325)
 - Athletic Training/Sports Medicine (Physical Education 3080)

Credit transfer of the above listed courses is accepted only with permission of the Athletic Training Major Program Director.

Application Procedure

- Submission of Athletic Training Major application form, copy (front and back) of current First Aid and CPR card, and unofficial transcript by February 15. The transcript is necessary to analyze overall GPA and to verify the completion of or current enrollment in prerequisite courses. Continuing SUU students are not expected to turn in a transcript (that information is obtained from the Banner program).
- Submit three recommendation questionnaires.

Admission Basis

Objective Section

- Application and unofficial transcript. Award 5 points if the application is complete and the required contents are attached.
- Proof of CPR/Standard First Aid (10 points) from a Health Safety Education Agency (American Red Cross, American Heart Association, National Safety Council). Points given for copy of current CPR and First Aid Card (5 points each).
- Academic Prerequisite Courses (20 points).
- Overall Grade Point Average (10 points). Using unofficial transcript (Banner), award the applicant points according to overall grade point average.

Subjective Section

- Response to questions on application form (10 points).
- Personal recommendation (10 points).
- Personal interview of qualified candidates (10 points).

Qualified candidates are determined by their score on the objective section, response to questions on application form, and personal recommendation.

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The Athletic Training Major faculty/staff will make the final decisions regarding acceptance into the program based upon the candidate's total ranking on the admission criteria. All applying candidates will receive written notification from the program director indicating their acceptance or denial into the Athletic Training Major. A waiting list of three will be kept in the event one of the candidates accepted is unable to accept the position. A candidate may re-apply to the Athletic Training Major the following year but will need to repeat the application process. Upon acceptance into the Southern Utah University Athletic Training Major, the following will be required:

- Completion of a physical exam by a health care provider.
- Completion of Hepatitis B vaccination and documentation (at candidate's expense) or Hepatitis B declination form.
- Documentation of personal vaccination record.

Athletic Training Degree Bachelor of Arts/Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 103)	
Core Course Requirements	17-18
Knowledge Areas Requirements – (must take PSY 1010, PE 1098, BIOL 1610/1615)	19
University Requirements	
BA Degree – Foreign Language/ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirements (12 hours)	
Core Courses (64 hours)	
SCI 1010 Medical Terminology	2
SCI 1020 Pharmacology	1
NFS 1020 Scientific Foundations of Human Nutrition	3
BIOL 2320 Human Anatomy	3
BIOL 2325 Human Anatomy Lab	1
BIOL 2420 Human Physiology	3
BIOL 2425 Human Physiology Lab	1
NFS 3020 Nutrition as Related to Fitness & Sport	3
<i>Prerequisite NFS 1020</i>	
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
<i>Prerequisite BIOL 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 2420/2425</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 2320/2325</i>	
PE 3090 Adaptive Physical Education	3
PE 3400 Clinical Observation	1
<i>Prerequisite PE 3080</i>	
PE 3410 Clinical Instruction I	2
<i>Prerequisite PE 3080</i>	
PE 3420 Clinical Instruction II	2
<i>Prerequisite PE 4420</i>	
PE 3430 Clinical Instruction III	2
<i>Prerequisite PE 4410</i>	
PE 3440 Clinical Instruction IV	2
<i>Prerequisite PE 4400</i>	

PE 3450 Clinical Instruction V	2
<i>Prerequisite PE 4430</i>	
PE 4020 Research Methods & Statistics for Exercise Science	3
COMM 4240 Technical Writing	3
PE 4400 Evaluation of Lower Extremity & Trunk Injuries	3
<i>Prerequisite PE 3080</i>	
PE 4410 Therapeutic Exercise and Rehabilitation	3
<i>Prerequisite PE 3080</i>	
PE 4420 Therapeutic Modalities & AT Management	3
<i>Prerequisite PE 3080</i>	
PE 4430 Evaluation of Upper Extremity & Trunk Injuries	3
<i>Prerequisite PE 3080, 4400</i>	
PE 4750 Psycho-Social Aspects in Athletics	3
**Must either take the class or have current card of completion at graduation.	
PE 1305 Intermediate Swimming (Class or Card) **	(0.5)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Other Electives (includes completing minor, & B.A./B.S. requirement)	20
Total Credits, B.S. degree	120

Outdoor Recreation in Parks and Tourism

The Bachelor of Science Degree in Outdoor Recreation in Parks and Tourism (ORPT) is an interdisciplinary degree program offered by the Department of Physical Education within the College of Education. The interdisciplinary nature of the program includes course work from Agriculture Science, Biology, Communications, Geology, and Hotel and Hospitality Management.

The degree program in ORPT is intended to provide students with training that qualifies them to work in a variety of work settings including outdoor and experiential education, outdoor adventure programming, outdoor leadership, outdoor skills development, outdoor tourism, and outdoor recreation service programs. Employment opportunities typically exist with state and national resource agencies, protected natural areas, outdoor recreation service programs, commercial recreation enterprises, etc. Combined with the broad educational background provided by SUU's Baccalaureate Core, this program will give students a wide range of opportunities upon graduation including solid preparation for graduate studies at Utah System of Higher Education's Research I institutions in fields such as recreation resource management, parks, recreation, and tourism; or related areas of graduate study.

Outdoor Recreation in Parks and Tourism Degree Bachelor of Arts/Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 103)	
Core Course Requirements	17-18
Knowledge Areas Requirements - (must take Geol 2210, Geol 2215, ENGL 1010, ENGL 2010, HSS 1200 or PE 1098)	19
University Requirements	
BA Degree – Foreign Language/ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirements (12 hours)	

Core Courses (45 hours)	
ORPT 1000 Intro to Outdoor Recreation in Parks and Tourism	3
PE 1542 Wilderness 1 st Responder	2
PE 4740 Organization and Administration of Activity Based Programs	3
ORPT 3050 Risk Management and Safety for Outdoor Recreation	3
ORPT 4020 Natural Resource Interpretation and Experiential Education	3
ORPT 4890 Outdoor Recreation Tourism Internship	9
NR 1010 Intro to Natural Resources	3
NR 3000 Natural Resources Management	3
BIOL 2000 Natural History	3
GEOL 1050 Geology of National Parks	3
GEOL 1055 Lab	1
HRHM 3000 Introduction to Hospitality Management	3
HRHM 3600 Guest Service	3
HRHM 4300 Resort Recreation Management	3
<i>Prerequisite HRHM 3000</i>	
Elective: Choose 2 of the 4 courses	
ORPT 1010 Outdoor Skills – Land 1	3
ORPT 1020 Outdoor Skills – Land 2	3
ORPT 1040 Outdoor Skills – Water	3
ORPT 1060 Outdoor Skills – Snow	3
Recommended Electives:	
AGSC 1750 Horsemanship I	1
AGSC 2760 Horsemanship II	2
BIOL 2050 Southern Utah Flora	3
BIOL 3030 Ecology/Lab 3035	4
<i>Prerequisite BIOL 1610/Lab 1615</i>	
BIOL 3650 Conservation Biology	3
ART 1050 Photography	3
COMM 2300 Intro to Public Relations	3
CJ 1010 Intro to Criminal Justice	3
GEOG 2900 GPS Theory, Techniques and Methods	2
GEOG 3220 Weather and Climate/Lab 3230	4
GEOG 3400 Environmental Geography	3
GEOL 1110 Physical Geology/Lab 1120	3
HRHM 3000 Introduction to Hospitality Management	3
MGMT 2220 Small Business Management	3
ENVS 4130 Recreation Policy and Planning*	3
ENVS 4500 Wildland Recreation Behavior*	3
*Delivery of these 2 On-line courses is being negotiated with Utah State University.	
Other Electives (includes completing minor, & B.A./B.S. requirement)	32-33
Total Credits, B.S. degree	120

Recommended Minors:

1. Agriculture	20
2. Biology	19

3. Business Management	18
4. Criminal Justice	21
5. Geology	20
6. Interpersonal Communications	21
7. Hotel, Resort, & Hospitality Management	22
8. Physical Education	22
9. Public Relations	21

Physical Education Minor Teaching/ Coaching Emphasis	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098 and BIOL 1020/1025	3
Core Requirements	
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
<i>Prerequisite BIOL 1020/1025</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 4740 Organization and Administration of Activity Based Programs	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4970 Teaching Individual, Dual & Team Sports	3
<i>Prerequisite PE 1830, 1870, 4900</i>	
**(Must either take the class or have current card of completion of graduation)	
PE 1305 Intermediate Swimming (Class or card)**	(0.5)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
OR	
PE 1542 Wilderness 1 st Responder	(2)
Electives:	
PE 2800 Individual & Dual Sports Coaching & Officiating	2
PE 2810 Football Coaching & Officiating	2
PE 2820 Soccer Coaching & Officiating	2
PE 2830 Volleyball Coaching & Officiating	2
PE 2840 Basketball Coaching & Officiating	2
PE 2850 Baseball Coaching & Officiating	2
PE 2860 Softball Coaching & Officiating	2
PE 2870 Track & Field Coaching & Officiating	2
Total Credits	28

Physical Education Minor Exercise Science Emphasis	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098 and BIOL 1020/1025 OR BIOL 2320/2325 and 2420/2425	7-11
Core Requirements (24 credits)	
PE 3050 Motor Learning	3

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PE 3060 Kinesiology	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025 or 2420/2425</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 4010 Methods of Sport Conditioning	3
PE 4020 Research Methods and Statistics	3
PE 4030 Clinical Applications of Exercise Science	3
PE 4040 Exercise Testing and Prescription	3
**(Must either take the class or have current card of completion at graduation)	
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Total Credits	24

Physical Education Minor (Coaching Emphasis)	
Course Number and Title	Credits
Knowledge Area Requirement – must take PE 1098	3
Core Requirements	
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 3060 Kinesiology	3
—Prerequisite BIOL 1020	-
PE 3070 Exercise Physiology	3
—Prerequisite BIOL 1020	-
PE 3080 Athletic Training/Sports Medicine	3
—Prerequisite BIOL 1020 or 2320/2325	-
PE 4740 Administration of Intramural/PE/Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
**(Must either take the class or have current card of completion at graduation)	
PE 1305 Intermediate Swimming (Class or card)**	(0.5)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
OR	
PE 1542 Wilderness 1 st Responder	(2)
Take Two of The Following Classes:	
PE 2800 Individual & Dual Sports Coaching & Officiating	2
PE 2810 Football Coaching & Officiating	2
PE 2820 Soccer Coaching & Officiating	2
PE 2830 Volleyball Coaching & Officiating	2
PE 2840 Basketball Coaching & Officiating	2
PE 2850 Baseball Coaching & Officiating	2
PE 2860 Softball Coaching & Officiating	2
PE 2870 Track & Field Coaching & Officiating	2
PE 4750 Psycho-Social Aspects in Athletics	3
Total Credits	24

Physical Education Minor (Athletic Training/Sports Medicine Emphasis)	
Course Number and Title	Credits
Knowledge Area Requirements – must take PE 1098, NFS 1020, BIOL 1020)	14
Core Requirements – Credit	
PE 3060 Kinesiology	3
—Prerequisite BIOL 1020	-
PE 3070 Exercise Physiology	3
—Prerequisite BIOL 1020	-
PE 3080 Athletic Training/Sports Medicine	3
—Prerequisite BIOL 1020 or 2320/2325	-
PE 4400 Evaluation of Lower Extremity & Trunk Injuries	3
—Prerequisite PE 3080	-
PE 4410 Therapeutic Exercise and Rehabilitation	3
—Prerequisite PE 3080	-
PE 4420 Therapeutic Modalities & AT Management	3
—Prerequisite PE 3080	-
PE 4430 Evaluation of Upper Extremity & Trunk Injuries	3
—Prerequisite PE 3080	-
PE 4740 Organization and Administration of Activity Based Programs	3
**(Must either take the class or have current card of completion at graduation)	
PE 1305 Intermediate Swimming (Class or card)**	(0.5)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Recommended to Take:	
NFS 3020 Nutrition as Related to Fitness & Sports	3
Total Credits	24
Cannot certify as an Athletic Trainer -- Is not certifiable for a teaching minor.	

Health Education Minor	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098 & PSY 1010	6
Core Requirements (22 credits)	
PE 2100 Stress Management and Wellness Concepts	2
PE 3720 Methods in Teaching Health Education	3
PE 3750 Methods of Teaching Human Sexuality Ed.	2
PE 3790 Substance Abuse/Drugs & Alcohol	3
BIOL 1020/1025 Human Biology	3
NFS 1020 Scientific Foundations of Human Nutrition	3
PSY 1110 Life Span Development OR PSY 3220 Adolescent Development	3
<i>Prerequisite PSY 1010</i>	
**(Must either take the class or have current card of completion at graduation)	
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
OR	

PE 1542 Wilderness 1 st Responder	(2)
HIV/AIDS Education class is needed for health teaching certification, but is only taught by the Utah State Office of Education after you have been hired to teach health.	
Total Credits	20

NOTICE:
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Outdoor Recreation in Parks and Tourism Minor	
Course Number and Title	Credits
Knowledge Area Requirement - must take GEO 2210/Lab 2215, HSS 1200 or PE 1098	7
Core Requirements	17 cr.
ORPT 1000 Intro to Outdoor Recreation Tourism and Leadership	3
PE 1542 Wilderness 1 st Responder	2
PE 4740 Organization and Administration of Activity Based Programs	3
ORPT 3050 Risk Management and Safety for Outdoor Recreation	3
ORPT 4020 Natural Resource Interpretation and Experiential Education	3
ORPT 4890 Outdoor Recreation Tourism Internship	3
Elective Courses (Choose 2)	6 cr.
ORPT 1010 Outdoor Skills – Land 1	3
ORPT 1020 Outdoor Skills – Land 2	3
ORPT 1040 Outdoor Skills – Water	3
ORPT 1060 Outdoor Skills – Snow	3
HRHM 3000 Introduction to Hospitality Management	3
HRHM 3600 Guest Service	3
HRHM 4300 Resort Recreation Management	3
<i>Prerequisite HRHM 3000</i>	
Total Credits	23



Elementary Education Physical Education Minor	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098	3
PE 1543 Adv. First Aid/Emergency Care (Class or Card)**	1
PE 1880 Physical Activities for Elementary Schools	3
PE 3040 Motor Development	3
PE 3050 Motor Learning	3
PE 3900 Methods of Teaching Elementary P.E.	2
PE 4750 Psycho-Social Aspects in Athletics	3
DANC 1170 Social Dance OR DANC1520 Folk/Cultural dance	1
DANC 3900 Creative Movement for Children	2
**(Must either take the class or have current card of completion at graduation)	
Total Credits	21