

RECREATION AND WELLNESS, MINOR IN

The minor in recreation and wellness is meant to prepare students to obtain certification in a variety of recreation- and fitness- related areas that are necessary for employment. For those students who are likely to pursue full- or part-time work within the field of recreation and wellness, this minor is ideal.

The minor in recreation and wellness requires 18 credits hours, consisting of:

Course	Title	Hours
HPED 103	Lifetime Fitness, Wellness and Nutrition	3
HPED 204	Outdoor Education	3
HPED 303	Teaching Team and Individual Sports for Lifetime Fitness	3
HPED 314	Practicum for Health and Physical Education	2
Select seven credits from the list below:		7
HPED 305	Concepts of Peer Health Education	
HPED 320	ACE Prep Group Exercise	
HPED 321	ACE Prep Personal Training	
HPED 322	Learn to Swim	
HPED 323	Swimming for Fitness	
HPED 324	ARC Lifeguard	
HPED 325	ARC Water Safety Instructor	
HPED 326	Introduction to Mindfulness and Leading With Compassion	
Total Hours		18