

# Movement Studies and Wellness Education Academic Minors

<p><b><u>Coaching</u></b> (18 credits)</p> <p>PHED 411 Principles of Coaching Effectiveness (4)</p> <p>PHED 334 Applied Training &amp; Conditioning (2)</p> <p>PHED 390 Applied Sport Psychology (4)</p>	<p>HEED 266 Nutrition, Health &amp; Performance (4)</p> <p>PHED 361 Coaching Practicum (2)</p> <p>HEED 281 Injury Prevention &amp; Therapeutic (2)</p> <p style="text-align: center;"><b>**First Aid and CPR required</b></p>
<p><b><u>Fitness &amp; Wellness Education</u></b> (22 credits)</p> <p>HEED 266 Nutrition, Health &amp; Performance (4)</p> <p>HEED 366 Health Psychology (4)</p> <p>PHED 384 Foundations Health/Fitness Promotion (4)</p> <p>PHED 279 Teaching Physical Activity (2)</p> <p>PHED 293 TM: Fitness Activities (2)</p> <p>PHED 360 Practicum (2)</p>	<p><b><u>Select ONE from the following:</u></b></p> <p>PHED 383 Exercise Testing &amp; Prescription (4)</p> <p>PHED 486 Applied Biomechanics/Kinesiology (4)</p> <p>PHED 386 Social Psych of Physical Activity (4)</p>
<p><b><u>Personal Training</u></b> (22 credits)</p> <p>HEED 266 Nutrition, Health &amp; Performance (4)</p> <p>PHED 293 TM: Fitness Activities (2)</p> <p>BUSA 305 Behavior in Organizations (4)</p>	<p>PHED 334 Applied Training &amp; Conditioning (2)</p> <p>PHED 360 Professional Practicum (2)</p> <p>PHED 383 Exercise Testing &amp; Prescription (4)</p> <p>PHED 390 Applied Sport Psychology (4)</p> <p style="text-align: center;"><b>**First Aid &amp; CPR Required</b></p>
<p><b><u>Sport &amp; Recreation Management</u></b> (20-22 credits)</p> <p>PHED 384 Foundations of Health/Fitness Mgmt (4)</p> <p>RECR 483 Management in Sport &amp; Recreation (4)</p> <p>PHED 360 Practicum (2)</p> <p>PHED 495 Internship (4)</p> <p><b><u>Select ONE from the following:</u></b></p> <p>BUSA 305 Human Dimensions of Effective Org (4)</p> <p>BUSA 308 Principles of Marketing (4)</p> <p>BUSA 340 Non-profit Management (4)</p> <p>BUSA 358 Entrepreneurship (4)</p>	<p><b><u>Select 2-4 credits from the following:</u></b></p> <p>PHED 314 Team Bldg 4 High Performance Teams (4)</p> <p>RECR 330 Progrmg &amp; Leadershp in Sport &amp; Rec (4)</p> <p>PHED 334 Applied Training &amp; Conditioning (2)</p> <p>PHED 386 Social Psychology of Physical Actvty (4)</p> <p>PHED 326 Adapted Physical Activity (4)</p> <p>PHED 322 Elementary Physical Activity (2)</p>
<p><b><u>Sport Psychology</u></b> (20 credits)</p> <p><b><u>Required:</u></b> (12 credits)</p> <p>PHED 386 Social Psych of Physical Activity (4)</p> <p>PHED 390 Applied Sport Psychology (4)</p> <p>HEED 366 Health Psychology (4)</p> <p><b><u>Select from the following:</u></b> (4 credits)</p> <p>PSYC 330 Social Psychology (4)</p> <p>PSYC 320 Development: Across The Life Span (4)</p> <p>PSYC 310 Personality Theories (4)</p> <p><b><u>or other approved PSYC course</u></b></p>	<p><b><u>Prerequisite:</u></b> PSYC 101 <i>for all PSYC courses listed</i></p> <p><b><u>Select from the following:</u></b> (4 credits)</p> <p>HEED 365 Aging Experience (4)</p> <p>PHED 324 Lifespan Physical Activity &amp; Health (4)</p> <p>PHED 315 Body Image (4)</p> <p>HEED 262 Big Fat Lies (4)</p> <p>PHED 411 Coaching Effectiveness (4)</p> <p>PHED 314 Team Bldg for High Performing Teams (4)</p> <p>BIOL 444 Neurobiology (4)</p> <p><b><u>or other approved elective</u></b></p>