

# Minor in Physical Education

## Required Courses

Item #	Title	credits
	KINA 115 or KINA 215	1
KINT 110	Fundamentals of Kinesiology	3
	KINT 131 or KINT 132	2
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 431	Physical Education Methods (K-12)	3
	Two Professional Activities Courses	6

## Required Cognate:

Item #	Title	credits
BIOL 101	Anatomy & Physiology I	4
	<b>Total credits:</b>	<b>22</b>

## Category Descriptions

### KINA 115 or KINA 215

Credits: 1

Item #	Title	credits
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1

### KINT 131 or KINT 132

Credits: 2

Item #	Title	credits
KINT 131	Officiating I	2
KINT 132	Officiating II	2

### Two Professional Activities Courses

Credits: 6

Item #	Title	credits
KINT 231	Professional Activities I	3
KINT 232	Professional Activities II	3
KINT 233	Professional Activities III	3