Program Coordinator: J. O’Neil

A minor in Health Education is designed to provide students with knowledge and skills in the area of health and wellness. This minor can be paired with any major, such as psychology or youth ministry.

Health Education Minor Requirements

BIOL 1010  
Human Anatomy and Physiology I .............................................. 4 s.h.

PHED 1110  
Fitness for Life ............................................................................. 2 s.h.

PHED 1620  
CPR .............................................................................................. 1 s.h.

PHED 1630  
First Aid ....................................................................................... 1 s.h.

PHED 2010  
Personal and Community Health ................................................. 4 s.h.

PHED 3550  
Nutrition and Conditioning .......................................................... 4 s.h.

PSYC 3300  
Lifespan Human Development .................................................. 4 s.h.

Total............................................................................................. 20 s.h.

CPR and First Aid:

If a student is currently certified in American Red Cross or American Heart Association CPR or First Aid and wants to waive taking the class, the student must present the current certification card to the Physical Education Program Director and demonstrate proficiency in CPR and First Aid by testing out on the written and skills tests (under the direction of the Physical Education Program Director).