



**Health Education
Minor
Behavioral & Health Sciences
Traditional**

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	
Wellness 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.
EXSC 2500	
Introduction to Nutrition.....	2 s.h.
EXSC 2600	
Strength and Conditioning Theory and Practice.....	2 s.h.
PSYC 3050	
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).