

Lock Haven University
Lock Haven, PA 17745
Health and Physical Education
Minor in Aquatics

REQUIRED CORE COURSES (14 Credits)

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|---|---|
| • HPED134: Swimming / EWS | 1 |
| • HPED160: Coaching Methods and Applications | 3 |
| • HPED222: Lifeguarding Instructor (LGI) | 1 |
| • HPED225: Swimming/Lifeguard Training (LGT) | 1 |
| • HPED234: Water Safety Instructor (WSI) | 1 |
| • HPED350: Advanced Techniques/Coaching Swimming and Diving | 2 |
| • HPED351: Management of Aquatic Programs/Facilities | 2 |
| • SPRT305: Psychology of Coaching | 3 |

ELECTIVE COURSES (Select 6 Credits)

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| • HPED255: Teaching Fitness in K-12 Schools | 3 |
| • PSYC201: Educational Psychology | 3 |
| • PSYC235: Psychology of Leadership | 3 |
| • RECR244: Leadership in Recreation, Leisure, and Human Services | 3 |
| • SPRT323: Sport and Society | 3 |

Current CPR and First Aid Certification Required