

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

REQUIRED CORE COURSES (15 Credits)

- HPED160: Coaching Methods and Applications 3
- HPED162: Principles of Coaching 3
- HPEDxxx: Techniques of Coaching (any) 3
- SPRT305: Psychology of Coaching 3
- SPRT323: Sport and Society 3

ELECTIVE COURSES (6 Credits)

- HLTH336 or HLTH320: Teaching Drug Education OR Drug Education 3
- HPED222: Lifeguard Instructor 1
- HPED255: Teaching Fitness in K-12 Schools 3
- HPED302: Motor Learning Applied to Physical Education 3
- HPEDxxx: Techniques of Coaching _____ (any not taken in required core) 1-3
- RECR244: Leadership in Recreation, Leisure, and Human Services 3
- RECR315: Program Planning and Design 3

Current CPR and First Aid Certification Required