

Health and Physical Education

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The Health and Physical Education Department offers a variety of opportunities for possible career choices. Health and physical education programs are oriented toward the teaching profession and culminate in a student-teaching experience. The fitness management program prepares graduates to work in hospital wellness programs, health and fitness clubs, and corporate fitness programs. This program culminates with an internship experience.

Program goals:

- To prepare students to become quality physical education teachers through the acquisition of knowledge pertaining to the general functioning of the human body and fitness testing.
- To prepare students to become quality fitness/wellness professionals through the acquisition of knowledge pertaining to the general functioning of the human body and fitness testing.
- To develop an appreciation of the role of physical activity in the balance of life through physical education and fitness/wellness programs.
- To prepare students to successfully complete their student teaching and/or internship experience, where they can start to display and incorporate the values and ethics of their profession.

Major in Physical Education

For teaching endorsements, see Education Department listings

Major in Fitness Management

13½ course credits:

Any BI 202 prerequisite

BI 202 Human Anatomy and Physiology

PE 155 Care and Prevention of Athletic Injuries

PE 254 Physiology of Exercise

PE 298 Health and Wellness Promotion (½)

PE 351 Kinesiology (½)

PE 356 Strength and Conditioning (½)

PE 357 Essentials of Strength Training

PE 358 Personal Training (½)

PE 359 Group Fitness Instruction (½)

PE 375 Administration and Organization of Fitness Programs and Facilities

PE 458 Fitness Management Seminar (½)

PE 471 Internship (2)

HE 240 Basic Nutrition (½)

BA 345 Principles of Management

BA 346 Human Resource Management

By completing the fitness management major, students have met the requirements for OCAC/ILAC.