

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION & WELLNESS

MINORS

- Coaching
- Health Education
- Physical Education

Minor in Coaching

The Health, Physical Education, and Wellness Department in the School of Education offers a minor in Coaching. This minor is designed to provide a well-rounded educational program for anyone interested in coaching sports. The minor is open to any major that wishes to earn a minor in Coaching.

The coursework will prepare candidates for earning a Nationally recognized certification to coach athletics in the public-school setting. Students must register and pass the National Certification (embedded in PEP 365 course) to earn the distinction of the minor.

This minor consists of 32 hours from approved courses that lead to MSHSAA Non-Faculty certification for coaching in the public-school setting. Students must earn a “C” or better in the respective courses to earn a minor in Coaching. Note: Any changes in the MSHSAA Certification requirements will result in changes to this program.

Objectives

Students will:

1. Be able to develop and deliver a comprehensive education-based model that includes instruction on individual activities, team sports, skill-based development, team-building activities, safety, sportsmanship, and ethics.
2. Be able to provide and instruct a comprehensive education-based athletic program that supports a school’s educational mission.
3. Develop an understanding of the National Standards (NASPE) and the Missouri State High School Activities Association (MSHSAA) rules and requirements.
4. Assist participants in developing an understanding of why and how they can develop healthy and active lifestyles through and after competition.
5. Understand the functions and interrelationship of between participating in sports leads to the development of lifetime skills and how coaching relates to teaching and mentoring.
6. Be able to effectively organize, plan, instruct, analyze, interpret, modify, and assess practice sessions and competitions.

Minor in Coaching

A **Minor in Coaching** requires a minimum grade of “C” earned in 32 credit hours of Physical Education and Coaching courses. Approved courses include:

Coaching Minor Required Courses:

PEP 200	Foundations of Physical Education & Wellness	3
PEP 201	Nutrition, Fitness & Conditioning	3
PEP 205	CPR, Safety & First Aid	2
PEP 301	Kinesiology	3
PEP 312	Motor Learning	3
PEP 360	Exercise Physiology	3
PEP 379	I & A of Individual & Team Sports	3
PEP 417	M/M/O of Coaching	3
PEP 365	Coaching Sports & Athletics **	3
	Total	26

Coaching minors should select 6 additional credit hours from the following Physical Education Electives courses:

PEP 320	Assessment in Physical Education	3
PEP 350	Basic Physical Education Methodology *	1
PEP 372	I & A of Movements & Rhythms	3
PEP 378	I & A of Lifetime Activities & Dance	3
PEP 406	Curriculum Design in Physical Education *	2
PEP 410	Physical Education Standards, Law & Management	3
PEP 420	Exercise Prescription	3

* PEP 350 & PEP 406 must be taken concurrently (in the same semester)

** PEP 365 includes earning a National Certification for Coaching

Minor in Health Education

The Health, Physical Education, and Wellness Department in the School of Education offers a minor in Health Education. This minor is designed to prepare education majors for earning certification to teach health in the public-school setting. The minor is open to any major that wishes to earn a minor in health education. It is important to understand, only education majors earning a BS degree and certification in their content area will be able to use this minor to seek endorsement for health education certification.

This minor consists of 36 hours from the DESE approved courses required for licensure to teach Health. The following list of courses satisfies these state requirements for certification. Students must earn a “C” or better in the respective courses will fulfill a minor in Health Education. Note: Any changes in the DESE Certification requirements or matrices will result in changes to this program.

Objectives

Students will:

1. be able to develop curriculum and deliver a comprehensive health instruction model that includes instruction on health, nutrition, wellness, personal safety, and mental health.
2. Be able to provide family/life and sex education, drug/alcohol abuse prevention, and education on the prevention of diseases and infections.
3. develop an understanding of Missouri’s Coordinated School Health Program and the Center for Disease Control and Prevention’s definition of Comprehensive School Health Instruction.
4. Assist students in developing an understanding of why and how they can protect and improve their personal health and the health of their communities.
5. understand the functions and interrelationship of the physical, mental, emotional, social, spiritual, environmental, and societal dimensions of wellness and develop an appreciation for lifetime wellness activities.

Health Education Minor

A **Minor in Health Education** requires a minimum grade of “C” earned in 36 credit hours of Health Education courses. Approved courses include:

BIO 208	Human Anatomy & Physiology	3
BIO 209 L	Human Anatomy & Physiology Lab	2
EDU 417-H	M/M/O of Health Education	3
PED 111	Personal & Community Health	2
PED 303	Healthcare Ethics	3
PED 411	School & Community Health	3
PED 418	Stress, Mental, Emotional & Spiritual Wellness	3
PED 422	Drug & Sex Education	3
PEP 201	Nutrition, Fitness & Conditioning	3
PEP 205	CPR, Safety & First Aid	2
PSY 308	Developmental Psychology	3
PSY 404	Abnormal Psychology	3
SOC 301	The Family	<u>3</u>
	Total	36

Minor in Physical Education

The Health, Physical Education, and Wellness Department in the School of Education offers a minor in Physical Education & Coaching. This minor is designed to provide a well-rounded educational program for anyone interested in teaching physical education. The minor is suggested for education majors and is open to any major that wishes to earn a minor in Physical Education.

The coursework will prepare education majors (outside of PE) for earning certification to teach Physical Education in the public-school setting. It is important to understand, only education majors earning a BS degree and certification in their content area will be able to use this minor to seek endorsement for Physical Education certification.

This minor consists of 32 hours from the DESE approved courses required for licensure to teach Physical Education. The following list of courses satisfies the requirements for certification. Students must earn a “C” or better in the respective courses will to earn a minor in Physical Education. Note: Any changes in the DESE Certification requirements or matrices will result in changes to this program.

Objectives

Students will:

6. Be able to develop curriculum and deliver a comprehensive physical education instruction model that includes instruction on individual activities, team sports, recreational activities, dance, and movement based-education.
7. Be able to provide and instruct a comprehensive lifetime physical education and fitness program.
8. Develop an understanding of the National Standards (NASPE) and the Missouri Learning Standards for Physical Education K-12.
9. Assist students in developing an understanding of why and how they can develop healthy and active lifestyles.
10. Understand the functions and interrelationship of between participating in sports leads to the development of lifetime skills and how coaching relates to teaching and mentoring.
11. Be able to effectively organize, plan, instruct, analyze, interpret, modify, and assess classroom activities and practice sessions.

Physical Education Minor

A **Minor in Physical Education & Coaching** requires a minimum grade of “C” earned in 32 credit hours of Physical Education courses. Approved courses include:

Physical Education Minor Required Courses:

EDU 417 P/Q	M/M/O of (Elem/Second.) Physical Education	3
PEP 200	Foundations of Physical Education & Wellness	3
PEP 201	Nutrition, Fitness & Conditioning	3
PEP 205	CPR, Safety & First Aid	2
PEP 301	Kinesiology	3
PEP 312	Motor Learning	3
PEP 350	Basic Physical Education Methodology *	1
PEP 406	Curriculum Design in Physical Education *	2
PEP 360	Exercise Physiology	3
PEP 410	Physical Education Standards, Law & Management	<u>3</u>
	Total	26

Physical Education minors should select 6 additional credit hours from the following Physical Education Electives courses:

PEP 320	Assessment in Physical Education	3
PEP 372	I & A of Movements & Rhythms	3
PEP 378	I & A of Lifetime Activities & Dance	3
PEP 379	I & A of Individual & Team Sports	3
PEP 420	Adapted Physical Education	3
PEP 365	Coaching Sports & Athletics **	3

* PEP 350 & PEP 406 must be taken concurrently (in the same semester)

** PEP 365 includes earning a National Certification for Coaching