

UNION COLLEGE HUMAN
PERFORMANCE MINOR
CURRICULUM PLAN

A minor in Human Performance consists of 21 semester hours which must include HMPF 441, PHED 351, 410, 421, and WELL 340.

REQUIRED COURSES (15 hours)

PHED 351 Tests & Measurements	3
PHED 410 Exercise Physiology	3
PHED 421 Kinesiology	3
HMPF 441 Exercise Assessment and Prescription	3
WELL 340 Physiology & Anatomy	3__

ELECTIVE COURSES (6 hours)

HMPF 435 Social Psychology of Sport	3
PHED 275 Elementary Movement Forms	3
PHED 340 Motor Development	3
PHED 361 O & A of Physical Education and Athletics	3
PHED 420 Physical Education for the Exceptional Child	3__
*WELL 361 Principles of Nutrition	3__
*WELL 461 Nutrition for Special Needs	3__

* May only take one nutrition class to fulfill the elective component

Registrar Date Student Date Advisor Date