

UNION COLLEGE

Human Performance Minor Curriculum Plan 21 Hours

Student _____

ID# _____

Advisor _____

Required Courses (15 Hours)

Required Course	Hours	Transfer/Substitution/Notes	Final Grade
PHED 351: Tests and Measurements in Health & Physical Education	3		
PHED 410: Exercise Physiology	3		
PHED 421: Kinesiology	3		
HMPF 441: Exercise Assessment and Prescription	3		
WELL 340: Anatomy & Physiology	3		

Elective Courses (6 Hours)

Course	Hours	Transfer/Substitution/Notes	Final Grade
Students will complete two of the elective courses from the list below. Only one nutrition class may be used to fulfill the elective component of this minor. If both are taken, only the first one may count toward the minor.			
HMPF 435: Social Psychology of Sport and Human Performance	3		
PHED 275: Elementary: Movement Form	3		
PHED 340: Motor Development	3		
PHED 361: Organization and Admin: Physical Education	3		
PHED 420: Physical Education: Exceptional Child	3		
WELL 361: Principles of Nutrition OR WELL 461: Nutrition for Special Needs *Only one of these may be used to fill elective block	3		