

## HHP 131 Foundations

2 hours

### Majors, Minors & Degrees:

#### **Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Health and Physical Education (B.S.)

Physical Education (B.S.)

### Departments/Programs:

Health and Human Performance

An overview of the fields of Physical Education, Human Performance, and Sports Studies will be studied, which include teaching, exercise science, health and fitness studies, and related fields. Topics addressed will include history; careers; current issues; girls and women in sport; minorities in physical education and sport; teacher, coach, athletic trainer, and exercise specialist certifications; educational values of sports; and the importance of physical activity for all.

(Normally offered each semester.)