

## 2009-2010 HEALTH TEACHING MINOR

(Requires six course credits, plus PEH 100)

**Must earn a “C” or higher in each minor, prerequisite, and collateral course**

Health Teaching minor provides students pursuing a degree in Physical Education with P-12 certification with the opportunity to enhance their teaching skills through the understanding of one’s capacity to create health and wellness; and to learn about the effects of personal health on the teaching and learning environment. Students will learn to implement an interdisciplinary approach to teaching health within their chosen course of study.

### Requirements

The following courses are required:

HLT 109: <i>Comprehensive First Aid</i>	_____	1
HLT 215: <i>Significant Issues in Personal Health</i>	_____	1
CFS 221: <i>Fundamentals of Nutrition</i>	_____	1
HLT 315: <i>Health Education</i>	_____	1

**AND**

PEH 100: <i>Introduction to Lifetime Health and Fitness</i>	_____	NC
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(no additional credit; already a General Education requirement for all degrees)

**AND**

One (1) course chosen from the following:

HLT 111: <i>Human Sexuality</i>	_____	1
HLT 210: <i>Health in Appalachia</i> (also APS)	_____	1
HLT 224: <i>Addiction and Violence in the Family</i>	_____	1
HLT 318: <i>Emotional and Mental Health</i>	_____	1

**AND**

One (1) additional full-credit HLT course:

HLT _____: _____	_____	1
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**Admission to the Minor**—An interview with members of the Health faculty in the Department, as well as a departmental recommendation, are required for admission to the Health minor.

**Additional considerations for the Health Teaching Minor**—Designated Short Term HLT courses may be used for the minor. Students not receiving a grade of C or higher in each minor, prerequisite, and collateral course may repeat that particular course to raise the grade while remaining in the minor program.

**NOTE:** PEH 221 and 222 (formerly PEH 120 and 220) do not count toward the Health Minor.