

**Health & Human Performance Department**  
**2024 PE, Sport, & Leisure Management Minor (22 hours)**  
**Curriculum Sheet**

Student Name: \_\_\_\_\_ NSU CWID: \_\_\_\_\_

Program Major: \_\_\_\_\_ Code: \_\_\_\_\_

<u>Course Number</u>	<u>Course Title</u>	<u>Hours Credit</u>	<u>Grade</u>	<u>Qual. Pts</u>
HED 1010	First Aid and CPR	3	_____	_____
HED 1090	Personal and Community Health	3	_____	_____
HED 4000	Health & Exercise Psychology	3	_____	_____
HED 4600	Drug and Alcohol Education	3	_____	_____
HP 2000	Introduction to Health and HP	3	_____	_____
HP 4300	Recreational Sports Mgt & Programming	3	_____	_____
HP 1550	Weight Training	2	_____	_____
HP _____	One HP Activity Course (2 hours) from the following:	2	_____	_____

HP 1180 Beginning Golf  
 HP 1310 Yoga  
 HP1510 Volleyball  
 HP1630 Beginning Karate  
 HP 1350 Pickleball

HP 1290 Racquetball  
 HP 1370 Beginning Tennis  
 HP1620 Self Defense  
 HP 1660 Aerobic Cond Walking/Jogging  
 HP 1670 Core Training/ Aerobic Exercise

Course rotation

FALL	SPRING	SUMMER
HED 1010	HED 1010	HED 1010
HED 1090	HED 1090	HED 1090
HED 4000	HED 4000	HP 2000
HP 2000	HP 2000	
HED 4600	HED 4600	
HP 4300	HP 1550	
HP 1550	HP -Activity	
HP Activity		