

Minor in Urban Recreation

The Urban Recreation program offers both an area of concentration, 15 credits beyond the General Education Requirements, and a minor, 18 credits beyond the General Education Requirements. These courses may be selected from the following:

Activity Courses

*Choose any two from PHED 251/252/351/352.

- PHED 251 Football/Badminton/Weight Training - (2)
- PHED 252 Basketball/Volleyball/Track - (2)
- PHED 351 Tennis/Racquetball/Paddle Gm. - (2)
- PHED 352 Soccer/Softball/Individual Activities - (2)
- PHED 103 Aerobic Fitness - (3)
- DANC 120 Dance Fundamentals - (2)
- PHED 151 Beginning Swimming - (1)
- PHED 152 Intermediate Swimming - (1)
- PHED 241 Intramural Sports - (2)
- SPMT 343 Coaching and Officiating - (2)

Total 15 credits

Lecture Courses

- *RECR 331 Community Recreation - (3)
- *SPMT 435 Organization and Administration in Recreation - (3)
- *RECR 339 Problems in Urban Recreation and Sport - (3)

Total 9 credits

Health Education

- *HLTH 102 Human Sexuality - (3)
- *HLTH 110 Drug Education - (3)
- HLTH 201 First Aid & Safety - (2)
- *HLTH 205 Nutrition, Exercise, and Weight Control - (3)

Total 11 credits

***Required for the Urban Recreation Minor**