

Physical Education (K-12)
Lenoir-Rhyne University

Minimum of two (2) semester hours are required to fulfill each of the following competencies unless otherwise noted.

Competency		Course Prefix & Number	Course Title	Course Offerings
B	Kinesiology, Fundamental Motor Skills & Movement Forms	HES 200	Introduction to Kinesiology	
		HES 207	Motor Learning	
		HES 303	Biomechanics / Kinesiology	
C	Anatomy or Physiology	BIO 281, 282	Human Anatomy & Physiology	
		HES 300	Exercise Physiology	
D	Fitness, Nutrition, & Obesity Prevention	HES 287	Personal Health	
		HES 288	Nutrition	
E	Sports, Physical & Leisure Activities (minimum required total of 2 semester hours)	HES 101 – 128	Physical Activity Class	

Posted: Spring 2018
Revised: Spring 2018

Course Offering Codes:

F=Fall, S=Spring, SS=Summer Session, UD=Upon Demand
e=even years, o=odd years, ^=online

Course typically offered **on campus** if shaded.

Notes:

- These are typical course offering schedules. Courses are not guaranteed to be offered at these times.
- Please check with the college/university for course availability each semester.
- Some courses require prerequisites be met prior to registration. An asterisk (*) denotes a prerequisite course.
- For more information from this institution, click here, <http://www.lr.edu/>