ABOUT THIS PROGRAM
The physical education, recreation, and kinesiology department (PERK) at Trinity Christian College seeks to uphold the mission of the College by equipping students to embrace and articulate a Christian perspective of physical activity and stewardship of the body that enable lifelong service to the Kingdom of God. The department seeks to foster a Reformed biblical perspective of fitness, sport, and leisure as it relates to the discipline.

MINOR COURSEWORK
- BIOL 205 Human Anatomy and Physiology I
- PE 236* Prevention and Treatment of Sports Injuries
- PE 271 Motor Learning and Development
- PE 278* Physiology of Physical Activity
- PE 286 Coaching Theory and Practice
- PE 320 Psychology or Sport
- PE 330 Societal Issues in Sport, Wellness, and Recreation

*Prerequisite: C or better in BIOL 205 to take these courses