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
- PE 205 Principles and Foundations of Health Education
- PE 226* Prevention and Treatment of Sports Injuries
- PE 240 School Health Programs
- PE 260 Drug/Chemical Use and Abuse
- PE 310 Community Health Programs
- NURS 221 Nutrition
- PSYC 242 Human Sexuality
- To meet the requirements for a Secondary Health Education Endorsement, the following courses are required in addition to the minor: PE 251 and PE 325
- *Prerequisite: C or better in BIOL 205 to take these courses