

FITNESS SPECIALIST MINOR

The fitness specialist minor provides students with an understanding of how physical activity, exercise, and nutrition impact overall wellness. Students will learn anatomy, how the body functions and responds to exercise, and get hands on experience with fitness assessments and programming. Courses will prepare students for careers in health, and fitness-related professions such as strength and conditioning coaching, personal training or corporate wellness.

Requirements total 23 hours. This includes 4 hours of biology and 19 hours of human performance and health science. Seven of the required hours may meet general education requirements.

Code	Title	Hours
Biology Courses		
BIO 140	Survey of Human Anatomy and Physiology ¹	4
Human Performance and Wellness Courses		
HPW 180	Introduction to Health and Wellness ¹	3
HPW 220	Practicum in Sport and Wellness Management	3
HPW 334	Management of Sport and Wellness	3
	or HPW 446Field Internship	
HS 201X	Physiology of Exercise	4
HS 202	Nutrition	3
HS 251	Kinesiology	3
Total Hours		23

¹ May be used to fulfill a general education requirement.