Corporate & Community Fitness/
Wellness

College of Allied Health & Nursing
Department of Human Performance
Chair: Garold Rushing
1400 Highland Center • 507-389-6313

Coordinator: Mary Visser

This minor is designed to prepare individuals for a corporate or community-based position requiring basic exercise programming and personal training skills.

CORPORATE & COMMUNITY FITNESS MINOR

Required General Education (4 credits)
HP 175  Fitness Activity (1)
HLTH 210  First Aid and CPR (3)

Required Support Courses (8 credits)
BIOL 220  Human Anatomy (4)
BIOL 230  Human Physiology (4)

Required for Minor (Core, 18-25 credits)
HP 348  Structural Kinesiology and Biomechanics (3)
HP 414  Physiology of Exercise (3)
HP 439  Nutrition for Physical Activity and Sports (3)
HP 465  Legal Aspects of Physical Education and Sport (3)
HP 466  Graded Exercise Testing and Exercise Prescription (3)
HP 492  Internship: Corporate and Community Fitness (3-10)

POLICIES/INFORMATION

GPA Policy. Maintain an overall minimum GPA of 2.00.
P/N Grading Policy. Courses required must be taken for a grade, except for the Internship (492/692) which is graded P/N.