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 provides students with basic knowledge and technical skills to work in fitness programming/personal training in a variety of settings. Successful completion of the minor prepares students to obtain many fitness-related certifications and provides a strong background for students wishing to pursue a fitness-related career.

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 (HP 492) which is graded P/N.

CORPORATE & COMMUNITY FITNESS MINOR

Required General Education (4 credits)

HLTH 210   First Aid and CPR (3)
HP 175   Fitness Activity (1)

Required Support Courses (8 credits)

BIOL 220   Human Anatomy (4)
BIOL 330   Principles of Human Physiology (4)

Required for Minor (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)