

Health, Physical Education and Recreation

Minor: Fitness and Wellness



This minor is designed for students preparing for entry-level positions in health and fitness-related fields. The fitness and wellness minor provides students with background knowledge and experience supporting careers in personal training, fitness instruction, and health promotion.

Core Requirements

(Pre-requisites: BIOL 111/111L or BIOL 150/150L, and BIOL 220/220L, HPER 207, HPER 210)

HPER 217	Personal and Community Health	2 SH
HPER 222	Nutrition	3 SH
HPER 340	Modern Issues and Materials in Health	3 SH
HPER 350	Motor Learning	2 SH
HPER 368	Principles of Conditioning	3 SH
HPER 402	Exercise Physiology	3 SH
HPER 415	Evaluation of Psychomotor Performance	3 SH
HPER 430	Methods of Appraisal, Testing and Prescription of Exercise	3 SH
		Total 23 SH