

## Corporate & Community Fitness/Wellness

College of Allied Health & Nursing

Department of Human Performance

Chair: Harry Krampf

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.

---