

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.