

## **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

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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.

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### **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)    |

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#### **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.