
CORPORATE & COMMUNITY FITNESS/Wellness

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	230	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)