

## 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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### 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.

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### 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)