Minor in Fitness

The Minor in Fitness provides content knowledge and competencies expected for entry level fitness certifications through the American Council on Exercise, American College of Sports Medicine, and the National Strength and Conditioning Association.

Listed below are required courses for the Minor in Fitness (20 credit hours):

- KN 257 Prevention and Care of Athletic Injuries (3 cr.)
- KN 300 Psychology of Sport and Physical Activity (3 cr.)
- OR KN 318 Exercise Psychology (3 cr.)
- KN 308 Nutrition for Sports and Fitness (3 cr.)
- KN 321 Anatomical Kinesiology (3 cr.)
- KN 326 Exercise Physiology (3 cr.)
- KN 400 Planning and Leading Exercise (2 cr.)
- KN 410 Fitness Testing and Exercise Prescription (3 cr.)

Plus CPR/AED Certification at time of graduation.