

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.