WELLNESS MINOR

The Department of Health, Physical Education and Recreation has agreed to offer a Wellness minor for individuals who are interested in working in the fitness industry as a personal trainer, aerobics instructor and associated employment. Each participant must complete the required courses in order to obtain the minor. The department has partnered with American Council on Exercise, ACE, and uses their certification materials within the classes however certification exams are not part of the program. Each individual must complete the certification exam with ACE for their certification.

Wellness – MINOR 18 hours

Wellness minor will be for individuals who has aspirations of working in the fitness industry.

* HLPE 2393 Structural Kinesiology (3hrs)
* HLPE 3221 Care and Prevention of Injuries (2hrs)
* HLPE 3226 Motor Learning (2hrs)
* HLPE 3219 Aerobics/Fitness for Majors (2hrs)
* HLPE 4319 Kinesiology (3hrs)
* HLPE 4320 Exercise Physiology (3hrs)
* HLPE 4393 Exercise Assessment (3hrs)

Note: Students enrolled in the Health, Physical Education and Recreation Degree program cannot select it as a minor. However students are not prohibited from taking any of the courses as general electives or from taking courses beyond the 120 hours required in their discipline of choice, if approved by their academic advisor.