

FITNESS AND WELLNESS MINOR

Code	Title	Credits
HPER 108	FITNESS ACTIVITIES	3
HPER 232	APPLIED EXERCISE PHYSIOLOGY	3
HPER 233	PERSONAL HEALTH/WELLNESS	3
HPER 439	BIOMECHANICS OF SPORTS ¹	3
HPER 454	PRINCIPLES OF PERSONAL TRAINING ¹	3
FCS 247	NUTRITION	3
FCS 417	LIFESPAN WELLNESS	3
Total Credits		21

¹ Requires a Prerequisite.