

# Minor in Health and Fitness

2020-21



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**Required Courses**

Item #	Title	Credits
	KINA 112 or KINA 212	1
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1
KINT 110	Fundamentals of Kinesiology	3
KINT 216	Nutrition	3
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
	Sub-Total Credits	18

**Required Cognate:**

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
	Sub-Total Credits	4

June 2020

Southwestern Adventist University—Office of Academic Administration