Curriculum Guide

Minor in Health and Fitness

2023-24

| Required Courses | | | Required Cog | Required Cognate: | | |
|------------------|--|---------|--------------|------------------------|---------|--|
| Item # | Title | Credits | Item# | Title | Credits | |
| | KINA 112 or KINA 212 | 1 | BIOL 101 | Anatomy & Physiology I | 4 | |
| KINA 115 | Resistance Training | 1 | | Sub-Total Credits | 4 | |
| 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 | | | | |
| luma 2022 | | | | | | |

June 2023 Southwestern Adventist University—Office of Academic Administration