

Minor in Health and Fitness

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

Required Cognate:

Item #	Title	credits
BIOL 101	Anatomy & Physiology I	4
	Total credits:	22

Category Descriptions

KINA 112 or KINA 212

Credits: 1

Item #	Title	credits
KINA 112	Aerobics	1
KINA 212	Advanced Aerobics	1