

Mayville State University

Health, Physical Education and Recreation

Minor: Fitness and Wellness



This minor is designed for students preparing for entry-level positions in health and fitness-related fields. The Fitness and Wellness minor provides students with background knowledge and experience supporting careers in personal training, fitness instruction and health promotion.

Core Requirements (Pre-requisites: BIOL 111 or BIOL 150, and BIOL 220, HPER 207)

HPER 217	Personal and Community Health.....	2
HPER 222	Nutrition.....	3
HPER 340	Modern Issues and Materials in Health.....	3
HPER 350	Motor Learning.....	2
HPER 368	Principles of Conditioning.....	3
HPER 402	Exercise Physiology.....	3
HPER 415	Evaluation of Psychomotor Performance.....	3
HPER 430	Methods of Appraisal, Testing and Prescription of Exercise.....	3



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