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