

MAYVILLE STATE UNIVERSITY

Fitness and Wellness Minor

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.

Required Courses

HPER 217	Personal & Community Health	2 SH
HPER 222	Nutrition	3 SH
HPER 340	Modern Issues & Materials in Health	3 SH
HPER 350	Motor Learning	2 SH
HPER 368	Principles of Conditioning	3 SH
HPER 402	Exercise Physiology	4 SH
HPER 415	Evaluation of Psychomotor Perform.	3 SH
HPER 430	Methods of Appraisal, Testing & Prescription of Exercise	3 SH

Total: 23 SH



Contact

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