

FITNESS & TRAINING, MINOR

The Minor in Fitness and Training is aligned with content standards for the Certified Personal Trainer (CPT), Certified Special Populations Specialist (CSPC), and Tactical Strength and Conditioning Facilitator (TSAC-F) exams from the National Strength and Conditioning Association (NSCA). The minor consists of twenty-six (26) earned credits at a “C” or better in the following courses:

Code	Title	Hours
SES 1000-level electives		2
PSYC 1100	Introduction to Psychology	3
SES 2260	First Aid and CPR	1
SES 2351	Exercise Psychology	3
SES 2257	Wellness	3
BIOL 1157 & BIOL 1158	Introductory Anatomy & Physiology I and Introductory Anatomy & Physiology II	8
or BIOL 3203 & BIOL 3258	Human Anatomy and Human Physiology	
Select one of the following:		3
SES 2170	Motor Development	
SES 2270	Motor Learning	
Select at least 3 semester credit hours from the following:		3
SES 3302	Applied Kinesiology	
SES 3206	Applied Exercise Physiology	
SES 4284	Training Special Populations	
SES 4323	Principles of Personal Training	
SES 3297	Field Experience in Sport and Exercise Science I	
SES 4499	Professional Preparation Capstone	
Total Hours		26