

PERSONAL FITNESS, MINOR

Students may not declare this minor after the Summer 2022 term. Refer to original catalog of entry for appropriate academic requirements.

Optional – Minor in Personal Fitness

The Minor in Personal Fitness 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 fifteen (15) earned credits at a "C" or better from the following courses:

Code	Title	Hours
SES 2351	Exercise Psychology	3
SES 2257	Wellness	3
SES 2270	Motor Learning	3
Select two of the following:		6
SES 4284	Training Special Populations	
SES 4323	Principles of Personal Training	
SES 4436	Principles of Tactical Strength and Conditioning	
Total Hours		15

Enrollment is open to all students in any major. Substitutions are not accepted for the minor.