REQUIRED CORE COURSES (16-18 credits)

____ 3-5  SPH-K 205  Structural Kinesiology (3 cr.)
    or ANAT P215 Basic Human Anatomy (5 cr.)
____ 3    SPH-K 216  Current Concepts and Applications in Physical Fitness
____ 2    SPH-K 283  Group Fitness Practicum
____ 3    SPH-K 409  Exercise Physiology (P: SPH-K205 or ANAT-A215 & PHSL-P 215)
____ 5    PHSL-P 215  Human Physiology

SPECIALIZED ELECTIVES (2-3 credits):
Choose one course from the following:

____ 3    SPH-B 416  Introduction to Health Counseling
____ 3    SPH-K 217  Methods of Group Exercise Instruction
____ 3    SPH-K 218  Methods of Personal Fitness Instruction (P: SPH P216)
____ 2    SPH-K 316  Theories of Advanced Conditioning
____ 2    SPH-K 317  Theory and Practice of Resistance Training
____ 3    SPH-K 416  Fitness Administration
____ 2    SPH-K 496  Lab Assisting/Field Experience in Kinesiology

Current CPR certification required to sit for a national certification examination (s).

This minor does not qualify students to sit for the American College of Sports Medicine Health Fitness Instructor Certification Examination.

Note: Students are responsible for checking with their degree-granting school/unit to determine whether this minor may be officially recorded on the transcript. The various schools on the Bloomington campus may limit the number of credit hours outside their school that will count toward a degree. Students should check with an advisor in their school for information about minor rules.