REQUIRED CORE COURSES (16-17 credits)

___ 5 PHSL-P 215 Human Physiology
___ 3 SPH-K 205 Structural Kinesiology (3 cr.)
___ 3 SPH-K 216 Current Concepts and Applications in Physical Fitness (SPH K205)
___ 2-3 SPH-K 283 Group Fitness Practicum (SPH K205)  
OR SPH-K 217 Methods of Group Exercise Instruction (SPH K205)
___ 3 SPH-K 409 Exercise Physiology (P: SPH-K205 or ANAT-A215 & PHSL-P 215)

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

___ 3 SPH-B 416 Introduction to Health Counseling
___ 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.

Student___________________________________________________________________________

Last name                      10-digit ID number