

# EDINBORO UNIVERSITY OF PENNSYLVANIA

## Minor: Fitness Instruction/Personal Training (1049)

Student: \_\_\_\_\_ ID: @ \_\_\_\_\_ Term: \_\_\_\_\_

The Fitness Instruction/Personal Training minor provides students with the core classes needed to work with individual and group fitness clients in community, corporate, recreational, and other settings. Students will take courses in exercise physiology, sports nutrition, fitness assessment, and development of group and individual fitness programs, among others. This minor is an excellent choice for students interested in entering the fitness industry.

Prerequisites: none

### **Fitness Instruction/Personal Training Minor Requirements (21 SH)**

	<b>SH</b>	<b>Grade</b>
<i>Required Courses</i>	<u>18</u>	
<u>HPE132 – Health/Fitness Promotion</u>	<u>3</u>	_____
<u>HPE222 – Prin. Of Fitness Instruction</u>	<u>3</u>	_____
<u>HPE265 – Health Emergencies</u>	<u>3</u>	_____
<u>HPE270 – Sports Nutrition</u>	<u>3</u>	_____
<u>HPE 301 – App. Anatomy/Physiology</u>	<u>3</u>	_____
<u>HPE 350 – Exercise Physiology</u>	<u>3</u>	_____
<u>Choose one: HPE215, 314, or 450</u>	<u>3</u>	_____