

FITNESS MANAGEMENT MINOR

NAME: _____

Student ID #: _____

MAJOR: _____

MINOR: Fitness Management

CATALOG YEAR: _____

Department of Health, Physical Education
and Recreation

301 Flowers Hall

NOTE: This program of study **DOES NOT**
lead to eligibility for teacher certification
in the state of Alabama.

APPROVED June 2009

REQUIRED COURSES	Hrs	Gr	Sem
HPE 175 Essent of Healthy Living	3		
HPE 225 Nutrition & Human Perf	3		
*HPE 352 Kinesiology	3		
*HPE 353W Phys of Exercise	3		
HPE 402 Exercise Rx/ Healthy	3		
HPE 410 Health Promotion	3		
HPE 430 Behavior Mod Intervent	3		
TOTAL	21		

Note: Prerequisites for any courses required for this minor
must be met **BEFORE** enrolling in the courses.

* BI 101 OR BI 111 and BI 102 OR BI 112 are prerequisites for BI 241, Human Anatomy and Physiology I and BI 242, Human Anatomy and Physiology II. BI 241 and BI 242 are prerequisites for HPE 352, Kinesiology, and HPE 353W Physiology of Exercise.