



SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION

INDIANA UNIVERSITY

Fitness Instruction Minor (21 cr. hours)
Department of Kinesiology
2.0 minimum cumulative minor GPA required.
No Pass/Fail. Effective, fall 2006

REQUIRED CORE COURSES (21 credit hours)

- ___ 1 HPER-P 105 Foundations of Fitness and Wellness
- ___ 3 HPER-P 205 Structural Kinesiology
- ___ 3 HPER-P 216 Current Concepts and Applications in Physical Fitness
- ___ 3 HPER-P 217 Methods of Group Exercise Instruction (*P: P 216*) **OR**
HPER-P 218 Methods of Personal Fitness Instruction (*P: P 216*)
- ___ 3 HPER-P 409 Exercise Physiology (*P: PHSL-P 215*)
- ___ 2 HPER-P 316 Theories of Advanced Conditioning **OR**
HPER-P 317 Theory and Practice of Resistance Training
- ___ 1 HPER-P 492 Laboratory Assisting and/or Field Experience in Kinesiology
- ___ 5 PHSL-P 215 Human Physiology

Students must complete course work for the minor with a minimum grade of C in each course.

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.

Note: It is the student's responsibility to check with their school/degree 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 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

First name

10-digit ID number