



SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION

INDIANA UNIVERSITY

Fitness Instruction Minor (20 cr. hours)

Department of Kinesiology (HPFITINMIN)

2.0 minimum cumulative minor GPA required.

No Pass/Fail. Effective summer 2010

REQUIRED CORE COURSES (20 credit hours)

- ___ 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
- ___ 3 HPER-P 218 Methods of Personal Fitness Instruction (*P: P 216*)
- ___ 3 HPER-P 409 Exercise Physiology (*P: PHSL-P 215*)
- ___ 5 PHSL-P 215 Human Physiology

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