

# FITNESS MANAGEMENT MINOR 2005/06

## LIBERAL ARTS CORE REQUIREMENTS

### CHECKLIST

#### See Requirements for your major

F= fall S=spring FS=fall & spring  
s.h.=semester hours (3x) = take 3 times  
\*=has prerequisite-check class below it for details  
AA=as announced  
SL= Service Learning DW=Diverse World  
SE= Senior Experience

## Fitness Management Minor

### Minor Requirements (29 s.h.)

<u>Complete the following core courses:</u>	<u>sem.</u>	<u>s.h.</u>
_____ HWL 250-Nutrition	(FS)	3
_____ HWL 260* Human Anatomy	(FS)	3
*SCI 102, BIO 105 or BIO 111		
_____ HWL 252-Substance Use & Abuse	(F/ILT)	3
_____ HWL 354-Wellness Prog. Management	(F)	3
_____ PE 107-First Aid	(FS)	2
_____ PE 217-Thy of Teach. Phys. Fitness (SL)	(FS)	3
_____ PE 307* Principles & Techniques of Conditioning	(S)	3
*PE 217		
_____ PE 401* Kinesiology (SE)	(FS)	3
*HWL 260		
_____ PE 405* Exercise Physiology	(FS)	3
*PE 217		
_____ PE 425* Sports Law (SE)	(F)	3
*PE 301 and PE 305		

### Recommended Electives

_____ HWL 200-Wellness & the Health Fitness Professional	(S)	2
_____ HWL 353-Stress Management	(S)	2
_____ PE 301-Sports Psychology	(S)	2
_____ PE 410* Sports Philosophy & Ethics	(S)	3
*PE 301 and PE 305		
_____ SA 304* Sport, Culture & Society (DW)	(ILT)	3
*IDS 151 and IDS 152		
_____ IDS 390-Cooperative Education		3