

KINESIOLOGY DEPARTMENT

Exercise Science Minor
As of Spring 2012

Minor requirements: 24 Semester Hours. This minor is designed for those individuals that desire national certification as a personal trainer, aerobics instructor, or health fitness instructor. This is NOT available for those majoring in Recreation Administration. See department chair for further information.

Name: _____

S.S.#: _____

I.D.#: _____

Date of First Enrollment: _____

Minor Requirements: 24 Semester Hours. This minor is designed for students interested in training or coaching, but not teaching. This is not a certifiable minor for teaching.

AQUINAS REQUIREMENTS

_____	HE 146 Nutrition, Exercise, Stress	3.0
_____	HE 157 Health Education-Community	3.0
_____	HE 158 First Aid	3.0
_____	HE 250 Physiology of Exercise	4.0
_____	HE 256 Kinesiology	4.0
_____	HE 281 Aerobic Fitness	1.0
_____	HE 251 Nutrition for Sport Performance	3.0
_____	HE 399 Indp Project:Advanced Fitness Testing/Exercise Prescription	3.0

TRANSFER REQUIREMENTS

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Please Note: Aquinas College reserves the right to change, modify, or amend the above-stated requirements and/or courses in its sole discretion and without prior notice.