

Corporate Fitness Certificate

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Required:

Physical Education:

KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 3153	Exercise Physiology	3
KINES 3156	Fitness Assessment and Exercise Prescription	3

Public Health:

PH 3640	Worksite Health Promotion	3
Electives (choose one from the following):		3
KINES 3157	Sports Nutrition *	
PH 1410	Basic Nutrition	

Total Hours **15**

* KINES 3157 has a prerequisite of KINES 2053 and KINES 3153.
Prerequisite for Athletic Training majors: AT 3020.

Related Programs

- Kinesiology B.A.