

NEW CHECK SHEET

STUDENT:



STUDENT ID NUMBER:

COLLEGE OF BUSINESS • MINOR • FITNESS ADMINISTRATION

Program Number: UCOCFIT2

Version: 2208 – Fall 2020

Effective Date: August 24, 2020

**MINOR PROGRAM:
FITNESS
ADMINISTRATION**

Minor Program (21 credits)			
A. Required Courses (18 credits): ¹	RC	CR	GR
1. SPT120 Personal Nutrition	3		
2. SPT201 Scientific Basis of Human Movement	3		
3. SPT250 Methods of Group Fitness Instruction	3		
4. SPT305 Emergency Care & Risk Management ²	3		
5. SPT310 Fitness Assessment and Exer Programming ³	3		
6. SPT366 Personal Fitness Trainer	3		
B. Minor Electives (Select One Option – 3 credits):	3		
1. SPT216 Exercise Physiology ³			
2. SPT240 Health Promotion			
3. SPT230 Leadership and Team Building ² or PRO232WI			
4. SPT255 The Art of Mindful Personal Defense			
5. SPT267 Applied Concepts of Personal Fitness and Health			
Total	21		

- 1. All required courses must be passed with a grade of "C" or higher.
- 2. SPT230 & SPT305 are core requirements for LSS majors.
- 3. Pre-Req SPT201

 Dean, College of Business
 Approved: December, _____ (Effective Fall _____)