

Health and Fitness Certificate of Proficiency

Required Courses:

EXSC 2500 Personal Training (3)

EXSC 1096 Fitness and Wellness (1)

PE 1073 Circuit Training (1)

PE 1085 Weight Training (1)

HFST 1020 Foundations of Nutrition (3)

BIOL 2320 Human Anatomy (3)

BIOL 2325 Human Anatomy Lab (1)

BIOL 2420 Human Physiology (3)

BIOL 2425 Human Physiology Lab (1)

The following courses are recommended as a prerequisite to Human Physiology. Although not required, success in physiology is increased if these courses have been taken. Please work with your advisor to determine the necessity of taking any of these courses.

CHEM 1110 or CHEM 1210

BIOL 1610 or BIOL 2060 or BIOL 2200