

## Minors

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### Fitness Training - Minor

College of Education and Human Performance  
Department of Educational and Human Sciences,  
Education Building, Room: 209

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The Fitness Training minor is for the students interested in working in wellness centers as personal trainers. This minor provides the knowledge and experiences to be successful in this growing and exciting area. The goal is to provide guided practical skills application to those students who wish to teach fitness related concepts to individuals and/or groups. With the knowledge acquired from the completion of the required coursework for the Fitness Training Minor, students will be prepared and eligible to seek industry certification in the Sport and Fitness Profession. This Minor is available for students in the 2001 catalog year and beyond. The Fitness Training minor is not available to Sport and Exercise Science Pending and Sport and Exercise Science - Human Performance Track majors.

#### Minor Admission Requirements

- Have a minimum 2.5 overall GPA
- Complete the University General Education Requirements or its equivalent, i.e. an AA degree from a Florida College System or State University System Institution

#### Minor Requirements

- No grades below "C" (2.0) and no "S" grades will be accepted.
- At least 12 hours used in the minor must be earned at UCF.
- An overall GPA of 2.5 is required to satisfy the minor.

#### Prerequisite Courses

BSC 2010C Biology I (or equivalent)	4 hrs
ZOO 3736C Exercise Physiology Anatomy (or equivalent)	4 hrs

#### Required Courses (12 hrs)

PET 4312C Applied Biomechanics	3 hrs
PET 4550C Assessment and Evaluation in Exercise Science	3 hrs
APK 4110C Exercise Physiology	3 hrs
PET 3361 Nutrition and Metabolism in Sport and Exercise Science	3 hrs

#### Restricted Electives (6 hrs)

<b>Select 2:</b>	<b>6 hrs</b>
PET 3771 Strength and Conditioning Concepts or	3 hrs
PET 3768 Group Exercise Instruction or	3 hrs
PET 4215 Motivational Aspects of Athletic Performance or	3 hrs
PET 3125 Fitness and Weight Management or	3 hrs
PET 4552 Exercise Prescription for Special Populations	3 hrs

#### Foreign Language Requirements

- None

#### Total Semester Hours Required

- 18

#### Other Requirements

- No credit by exam (TSD, Military credit) may be used.
- Internship or Independent Study credit cannot be used toward the minor.