

Personal Training and Group Fitness

Minor Contact

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Minor Code - U203

The Personal Training and Group Fitness minor is designed for students desiring a career in health and well-being. Students are trained to evaluate fitness abilities and develop exercise programs across individual and group settings to satisfy client goals. Students will be prepared to sit for the American Council on Exercise (ACE) national certification exam required to become an ACE Certified Personal Trainer and/or an ACE Certified Group Fitness Instructor.

Code	Title	Hours
An average GPA of 2.0 is required across courses counted toward the minor.		
Students must take a minimum of 9 unique credit hours, distinct from any other academic credential, to earn the minor.		
REQUIRED COURSES		
SEP 283	Introduction to Exercise Psychology	3
HWB 373	Fitness Management	3
HWB 374	Fitness Field Testing	3
HWB 470	Methods of Group Fitness	3
HWB 472	Methods of Personal Training	3
Total Hours		15