

HEALTH AND FITNESS MANAGEMENT, MINOR

The Health & Fitness Management minor integrates science, exercise science and fitness management approaches to analyze themes in epidemiology, exercise physiology, natural sciences and the fitness industry. The Health & Fitness Management minor further emphasizes the interdisciplinary study of the mind and body. The courses emphasize the introduction to exercise science with an emphasis on public health, or exercise physiology, or the fitness industry/management. The Health & Fitness Management Minor offers information and tools for future health professionals who have an interest in or responsibility for increasing physical activity participation. It provides key reference documents, data and surveillance resources, information to assist the Clayton State students with program planning and evaluation, and ideas for physical activity promotion as well as enhancing creativity for entrepreneurs in the fitness industry. By considering a variety of health issues from different perspectives, it encourages critical reading, writing and thinking. Students develop their skills in oral and written expression.

Program Requirements

Code	Title	Credit Hours
Lower Division Program Requirements		
BIOL 2251 & 2251L	Anatomy and Physiology I and Anatomy and Physiology Lab I	4
BIOL 2252 & 2252L	Anatomy and Physiology II and Anatomy and Physiology Lab II	4
Subtotal		8
Upper Division Program Requirements ¹		
HFMG 3101	Kinesiology	3
HFMG 3130	Principles of Fitness	3
Choose one course from the following tracks:		3
HFMG 3102	Exercise Physiology (Exercise Science Track)	
HFMG 3110	Personal Health and Wellness (Public Health Track)	
HFMG 4110	Health Fitness Management (Fitness Management Track)	
Subtotal		9
Total Credit Hours		17

¹ Courses that were used to satisfy the Health Management Program requirements may not be used.