

Certificate in Fitness

Admission

The human performance studies department provides students the opportunity to complement their degree program with an undergraduate certificate in fitness. This certificate program is open to all undergraduate students. Participation requires an additional 12 credit hours of coursework. The fitness certificate provides students with additional training to pursue opportunities within the health and fitness industry as well as making them more marketable and proficient in a fitness-centered setting.

Program Requirements

Students need to complete the following courses to earn the certificate in fitness.

| Course | Title | Hours |
|---------------------------|------------------------------------------|-----------|
| HPS 313 | Exercise and Sport Nutrition | 3 |
| HPS 440 | Concepts in the Prescription of Exercise | 3 |
| HPS 541 | Seminar in Strength and Conditioning | 3 |
| HPS 750L | Motivation | 3 |
| Total Credit Hours | | 12 |

An overall grade point average of at least 2.000 for all courses comprising the certificate program, and no grade below *C*, is required to earn the certificate.