

FITNESS, EXERCISE AND SPORTS, MINOR

FES XXX	Principles of Coaching	3
FES XXX	Psychology of Coaching	3

The Minor in Fitness, Exercise, and Sports provides students an opportunity to gain specific knowledge pertaining to exercise and sport studies. Students can choose from two different concentrations: Wellness and Exercise Instructions or Coaching.

Students minoring in FES with concentration in Wellness and Exercise Instruction will receive evidence-based academic training in the areas of exercise testing, prescription, and exercise instruction. Also, they will acquire a variety of motor skills, and adopt values that facilitate the attainment of autonomous behavior in lifetime fitness, safety, and wellness activities.

Students minoring in FES with concentration in Coaching will gain specific knowledge pertaining to physical education pedagogy, psychological and sociological aspects of coaching, and practicum experience in Professional Coaching, NCAA Team Sports Coaching, High-School Coaching, and Olympic Coaching.

Students who minor in Fitness, Exercise, and Sports must complete the following pre-requisites:

Code	Title	Credits
PSYC 110	Introduction to Psychology	3
FES 207	Introduction to Exercise Science	3

FES Minor with concentration in Wellness and Exercise Instruction:

Code	Title	Credits
FES 202	Foundations of Physical Fitness	3
FES 325	Exercise Testing and Prescription	3
FES 320	Sports Nutrition	3
FES 190	Weight Training Methods	3
FES 407	Responding to Emergencies	3
Choose any for a minimum of 6 credits		
FES 104	Spinning (R)	2
FES 116	Swimming Level 1	2
FES 111	Yoga I	2
FES 113	Yoga II	2
FES 124	Cardio-Training I	3
FES 123	Step Aerobics I	3

FES Minor with concentration in Coaching

Code	Title	Credits
FES 320	Sports Nutrition	3
FES 325	Exercise Testing and Prescription	3
FES 407	Responding to Emergencies	3
FES 303	Athletic Practicum	3
FES XXX	Identity Development of Student-Athletes	1.5
FES XXX	Career and Professional Development Strategies of Student-Athletes	1.5
FES XXX	Leadership Development Strategies of Student-Athletes	1.5