

# CERTIFICATE IN ADAPTIVE EXERCISE

## Requirements Effective Fall 2025

Students may double-count a maximum of 6 credits towards this certificate and the Certificate in Youth Mentoring with Campus Connections and/or the Certificate in Disability and Neurodiversity.

Additional coursework may be required due to prerequisites.

Code	Title	Credits
Required courses:		
HES 427	Inclusive Fitness Training	3
HES 434	Physical Activity Throughout the Lifespan	3
Select one course from the following:		2-5
ETST 270	Introduction to Critical Disability Studies	
ETST 420	Disability, Race, Gender in the Environment	
HDFS 315	Disability Across the Lifespan and Culture	
LASL 1XX, LASL 2XX, or LASL 3XX (American Sign Language)		
OT 355	The Disability Experience in Society	
Select one course directly related to disability from the following: <sup>1</sup>		3
HDFS 470A	Campus Connections: Youth Mentor	
HES 478B	Exercise Science Capstone: Research <sup>2</sup>	
HES 486	Practicum–Wellness Program Management <sup>2</sup>	
HONR 499	Senior Honors Thesis <sup>3</sup>	
Program Total Credits:		11-14

<sup>1</sup> Only practica, research experiences and theses focused on disability and exercise are eligible and must be verified by the HES department.

<sup>2</sup> Restricted to majors only.

<sup>3</sup> Restricted to honors students only.