

# HESS/ITMA Certificate in Martial Arts Studies (v3.5)

## SPECIALIZATION: Martial Arts, Health & Fitness

**Explanation:** This specialization is intended for full time undergraduate students at UNM (NOT a Minor)

(A) **Student's Major** (e.g., HESS)..... 36 credits?

(B) **1 Indep. Study from HESS** ..... 02 credits

*(Note: Student examines contributions of martial arts to mental and physical health)*

(C) **Martial Arts Activity Classes from HESS** **8 Credits**

**Option I: Generalist Plan**

**FOUR** activities FROM:

- 1. Aikido \_\_\_\_\_
- 2. Kung Fu \_\_\_\_\_
- 3. Jujutsu \_\_\_\_\_
- 4. Self Defense \_\_\_\_\_
- 5. Tai Ji \_\_\_\_\_
- 6. Karate \_\_\_\_\_
- 7. Judo \_\_\_\_\_ (Not yet available)

**OR**

**Option II: Specialist Plan**

One activity taken **FOUR** times FROM:

- 1. Aikido \_\_\_\_\_
- 2. Kung Fu \_\_\_\_\_
- 3. Jujutsu \_\_\_\_\_
- 4. Self Defense \_\_\_\_\_
- 5. Tai Ji \_\_\_\_\_
- 6. Karate \_\_\_\_\_
- 7. Judo \_\_\_\_\_ (Not yet available)

**(D) 12 Credit hrs in Area of Specialization (prerequisites may apply)**

Examples include:

NUTR 120 [Nutrition for Health](#)

PSY 280 [Health Psychology](#)

HED 260 [Foundations of Health Promotion](#)

HED 310 [Injury Prevention](#)

**Total Credit Hours (student's major not included) = 22**