

MINOR IN EXERCISE SCIENCE

College of Health Sciences

The Exercise Science Minor is designed to impart fundamental knowledge, skills, and abilities in the theories and practice of exercise science. The minor will also provide learning experiences that lead to a basic understanding of exercise techniques, exercise testing, and exercise prescription.

Students must complete a minimum of six credits of advanced standing coursework in their minor.*

Code	Title	Credits
Required Courses ¹		
EXS 223	Kinetic Anatomy	2
EXS 362	Biomechanics	3
EXS 375	Sport and Exercise Psychology	3
EXS 380	Exercise Physiology	3
EXS 381	Fitness Assessment - Exercise Prescription	3
EXS 482	Strength Training and Conditioning	3
Related Requirements ²		
BIO 100 or BIO 110	Basic Biological Science General Biology I	3
BIO 259	Human Anatomy and Physiology I	4
BIO 269	Human Anatomy and Physiology II	4
PHY 100	Elements of Physical Science	3
PSY 100	Introduction to Psychology	3
Total Minimum Credits Required		34

¹ In order to graduate, students must pass all required courses with a C- or better.

² Students must complete all of the related requirements in order to have the prerequisites required for the EXS minor courses.

*Advanced standing coursework is defined as any 300-level course or above and specific 200-level courses identified by the department.