

Exercise Science Minor

The exercise science minor is designed to give students a foundation in exercise science for pursuing related professional interests in health care or personal interests in the lifetime pursuit of sports participation, fitness, and wellness. The exercise science minor is open to students majoring in all disciplines except ESAT.

Required Courses: 12 credits

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| • EXSS 12000 | Anatomy and Physiology I | 4 |
| • EXSS 12100 | Anatomy and Physiology II | 4 |
| • EXSS 32100 | Exercise Physiology | 4 |

Students are required to select 2 courses from the following list: 6-8 credits

- EXSS 20200 Sport and Exercise Psychology
- EXSS 22000 Kinesiology¹
- EXSS 24600 Prevention and Care of Athletic Injury
- EXSS 26200 Personal Training
- EXSS 26400 Foundations of Strength and Conditioning²
- EXSS 30600 Biomechanical Principles of Human Movement³
- EXSS 32000 Neuromuscular Control

Total Credits: 18-20

Notes:

- 1- Kinesiology is a 4-credit course with a lab
- 2- This course has not yet been approved but will be accepted for this minor
- 3- Biomechanics is a 4 credits course with a lab. Also, has prerequisites of PHYS 10100 and EXSS 22000.