

EXERCISE SCIENCE MINOR

The exercise science minor provides students with a foundational understanding of human anatomy and physiology. Students will integrate their understanding of human structure and movement to analyze responses and adaptations to exercise. The exercise science minor is open to all students, except majors in the Exercise Science and Athletic Training Department.

Requirements

Code	Title	Credits
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
EXSS 20200	Sport and Exercise Psychology	
EXSS 22000	Kinesiology ¹	
EXSS 24600	Prevention and Care of Athletic Injuries	
EXSS 26200	Personal Training	
EXSS 26400	Strength and Conditioning Foundations	
EXSS 30600	Biomechanical Principles of Human Movement ¹	
EXSS 32000	Neuromuscular Control	
Total Credits		18-20

¹ 4 credits with lab