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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>EXSS 12000</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
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<tr>
<td>EXSS 12100</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
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<tr>
<td>EXSS 32100</td>
<td>Exercise Physiology</td>
<td>4</td>
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Students are required to select 2 courses from the following list: 6-8

- EXSS 20200  Sport and Exercise Psychology
- EXSS 22000  Kinesiology
- EXSS 24600  Prevention and Care of Athletic Injuries
- EXSS 26200  Personal Training
- EXSS 30600  Biomechanical Principles of Human Movement
- EXSS 32000  Neuromuscular Control

Total Credits 18-20

1 4 credits with lab