

Exercise Science Minor

Exercise Science - MINOR (28 credits)		
Required Core Classes (16 cr)	Cr	Prerequisites (PRQ's)
EXS 245 Foundations of Strength Training & Conditioning	4	None
EXS 310 Motor Behavior	4	None
EXS 370 Soc & Psych Aspects of Physical Activity	4	None
EXS 372 Biomechanics	4	EXS 310, MTH 110 or MTH 111Z
Electives (12 cr)		
Choose 3		
EXS 230 Foundations of Exercise Science	4	None
EXS 244 Group Exercise Leadership	4	None
EXS 373 Physiology of Exercise	4	EXS 372, BI 235, BI 236, or instructor permission
EXS 383 Kinesiology	4	EXS 230, EXS 372, BI 234
EXS 426/HE 426 Sports & Exercise Nutrition	4	HE 325
EXS 444 Lifespan Adapted Physical Activity	4	EXS 383, or instructor permission
EXS 453 Pathophysiology and Exercise	4	BI 234, BI 235, BI 236 & EXS 373
EXS 455 Physical Activity & Aging	4	EXS 230, EXS 310 & EXS 372
EXS 465 Motivational Interviewing	4	Junior Standing
EXS 477 Advanced Programming for Sport & Fitness	4	EXS 373
EXS 488 Exercise & Motivation Adherence	4	EXS 370
EXS 490 Research Methods	4	EXS 373
Total credits	2	
	8	

Promoting healthy lifestyles and communities

A minimum grade of C- is required in all courses used to satisfy requirements of the EXS major