Exercise Science Minor

A minor in Exercise Science is available for students pursuing any undergraduate degree program. It is intended for those who wish to join careers in prescribed physical activity such as personal training, strength and conditioning, rehabilitation and human performance. Students completing this minor could work with clients in recreational and wellness programs as well.

**Minor Requirements:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHY ED 2134</td>
<td>Personal Physical Fitness</td>
<td>3</td>
</tr>
<tr>
<td>HLTH PE 3280</td>
<td>Human Anatomy and Physiology</td>
<td>4</td>
</tr>
<tr>
<td>HLTH PE 3380</td>
<td>Introduction to Nutrition for Health and Performance</td>
<td>3</td>
</tr>
<tr>
<td>PHY ED 3283</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>HLTH PE 3284</td>
<td>Physiology of Human Exercise</td>
<td>3</td>
</tr>
<tr>
<td>PHY ED 3287</td>
<td>Seminar in Exercise Science</td>
<td>1-3</td>
</tr>
<tr>
<td>PHY ED 3330</td>
<td>Designing Physical Activity Programs</td>
<td>3</td>
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</table>

**Total Hours:** 20-22