

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:

PHY ED 2134	Personal Physical Fitness	3
HLTH PE 3280	Human Anatomy and Physiology	4
HLTH PE 3380	Introduction to Nutrition for Health and Performance	3
PHY ED 3283	Kinesiology	3
HLTH PE 3284	Physiology of Human Exercise	3
PHY ED 3287	Seminar in Exercise Science	1
PHY ED 3330	Designing Physical Activity Programs	3
Total Hours		20