

THE EXERCISE SCIENCE MINOR

Students may use BIO 110, and PSY 101 to satisfy Core requirements.

Program: Exercise Science Major

SUMMARY OF REQUIREMENTS FOR A MINOR IN EXERCISE SCIENCE

Item #	Title	Credits
EXS 201	Health and Wellness	3
EXS 205	Nutrition Concepts for Exercise Science	3
EXS 302	Kinesiology	3
BIO 110	Principles of Biology I	4
BIO 260	Human Anatomy and Physiology I	4
BIO 262	Human Anatomy and Physiology II	4
PSY 101	Introduction to Psychology	3
	Exercise Science Elective	3
	Sub-Total Credits	27

	Total credits:	27
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CATEGORY DESCRIPTIONS

Exercise Science Elective

ONE 200 - 400 LEVEL EXERCISE SCIENCE ELECTIVE

Item #	Title	Credits
EXS 301	Exercise Physiology	4
EXS 305	Fitness Assessment and Exercise Program	4
EXS 480	Senior Capstone	3
	Sub-Total Credits	3