

EXERCISE SCIENCE MINOR

Contact

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Students pursuing major degrees in other program areas may enroll in a minor in exercise science. The exercise science minor requires 18 credits. Students must maintain a minimum 2.5 GPA. To be admitted to the program, students must submit a Declaration of Minor form to their academic advisor, the undergraduate program director for Exercise Science, and their home college dean's office.

Please note: BIO 216 Anatomy & Physiology I & BIO 217 Anatomy and Physiology II are prerequisites for many of the courses in this minor.

Student Learning Outcomes

1. Students will demonstrate understanding of human and physiological function and anatomy
2. Students will illustrate how metabolic, muscle, cardiovascular, and pulmonary systems underlie human physical performance
3. Students will show familiarity with basic exercise testing protocols that are used to measure human performance in the laboratory
4. Students will demonstrate knowledge in 2 or more advanced areas of focus within exercise science

Program Requirements

| Code | Title | Credits |
|---|--|-----------|
| Section I: The following courses are required: | | |
| EXE 195 | Introduction to Exercise Science | 3 |
| EXE 339 | Physiology of Exercise | 3 |
| Section II: Three of the following courses are required: | | |
| Select three of the following: | | 9 |
| EXE 408 | Analysis of Human Motion | |
| EXE 427 | Exercise Testing and Interpretation | |
| EXE 436 | Scientific Principles of Conditioning | |
| EXE 457 | Exercise and Aging | |
| EXE 462 | Cardiac Rehabilitation | |
| EXE 517 | Pathophysiology | |
| Or Any 3 credit EXE 500-level or higher course such as: | | |
| Exercise in the Cell (3 credits) | | |
| Obesity and Body Composition (3 credits) | | |
| Metabolic Aspects of Physical Activity (3 credits) | | |
| Control of Ventilation in Exercise (3 credits) | | |
| Section III: One of the following courses is required: | | |
| Select one of the following: | | 3 |
| EXE 282 | Motor Behavior Across the Lifespan | |
| EXE 415 | Worksite Health Promotion | |
| EXE 417 | Prevention and Care of Athletic Injuries (or any of the courses listed in Section II not already taken.) | |
| Total Credits | | 18 |

Time to Completion Requirement

The undergraduate minor in exercise science must be completed within five years of declaration if the student is enrolled in an undergraduate degree granting program.