

# 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
<b>Section I: The following courses are required:</b>		
EXE 195	Introduction to Exercise Science	3
EXE 339	Physiology of Exercise	3
<b>Section II: Three of the following courses are required:</b>		
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)		
<b>Section III: One of the following courses is required:</b>		
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.)	
<b>Total Credits</b>		<b>18</b>

## 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.