

# Exercise Science Minor

<b>Exercise Science - MINOR (28 credits)</b>		
<b>Required Core Classes (16 cr)</b>	<b>Cr</b>	<b>Prerequisites (PRQ's)</b>
EXS 245 Foundations of Strength Training & Conditioning	4	None
EXS 310 Motor Behavior	4	None
EXS 370 Soc & Psych Aspects of Physical Activity	4	None
EXS 371 Kinesiology	4	BI 234, MTH 110 or MTH 111
<b>Electives (12 cr)</b>		
<b>Choose 3</b>		
EXS 230 Foundatons of Exercise Science	4	None
EXS 244 Group Exercise Leadership	4	None
EXS 373 Physiology of Exercise	4	BI 234, MTH 110 or MTH 111, or instructor permission
EXS 426/HE 426 Sports & Exercise Nutrition	4	HE 325
EXS 444 Lifespan Adapted Physical Activity	4	EXS 230, EXS 310 & EXS 371, or instructor permission
EXS 453 Pathophysiology and Exercise	4	BI 234, BI 235, BI 236 & EXS 373
EXS 455 Physical Activity & Aging	4	EXS 230, EXS 310 & EXS 371
EXS 465 Motivational Interviewing	4	Junior Standing
EXS 477 Advanced Programming for Sport & Fitness	4	EXS 373
EXS 483 Biomechanics	4	EXS 230, EXS 310 & EXS 371
EXS 488 Exercise & Motivation Adherence	4	EXS 370
EXS 490 Research Methods	4	EXS 373
<b>Total credits</b>	<b>28</b>	

*Promoting healthy lifestyles and communities*

**A minimum grade of C- is required in all courses used to satisfy requirements of the EXS major**