

MINOR IN EXERCISE SCIENCE

The graduate minor in Exercise Science requires 12 semester credit hours.

Code	Title	Hours
Required Courses		
ESS 5305	Advanced Fitness Assessment and Exercise Prescription	3
ESS 5306	Advanced Exercise Physiology	3
ESS 5307	Advanced Resistance Training and Conditioning	3
ESS 5308	Physical Activity, Disease Prevention and Treatment	3
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Total Hours		12