

MINOR IN EXERCISE AND SPORTS SCIENCE

The minor in Exercise and Sports Science requires 25 semester credit hours. This minor is not available to students who major in Exercise and Sports Science or in Health and Fitness Management.

Code	Title	Hours
Required Courses		
AT 2356	Prevention and Care of Athletic Injuries	3
BIO 2430	Human Physiology and Anatomy	4
ESS 1100	Lifetime Fitness and Wellness	1
ESS 1179	Beginning Weight Training	1
ESS 3117	Laboratory in Exercise Physiology	1
ESS 3317	Exercise Physiology	3
ESS 3320	Biomechanics	3
ESS 3321	Teaching Elementary Children Physical Activity	3
ESS 4324	Adapted Physical Activity	3
ESS 4351	Measurement & Evaluation in Exercise and Sports Science	3
Total Hours		25