

# MINOR: EXERCISE SCIENCE

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## Student Learning Outcomes

Students graduating from this program will:

- Integrate anatomic and biomechanics components of human movement, especially as they interact during athletic performance, bouts of exercise and physical activities of daily life.
- Describe, explain, and apply physiological facts and principles to real life situations, especially as they occur in athletics, and fitness and health promotion establishments.
- Identify the specific anatomical considerations, physical conditioning requirements, diet and exercise regimes, and injury prevention strategies, needed to improve physical health outcomes.
- Describe ways to use theories of behavior change to develop programs addressing a variety of lifestyle changes.
- Demonstrate superior knowledge of exercise science.

## Program Requirements

Coursework must be completed with a grade of C- or better.

Code	Title	Credits
HLSC 110	Personal Wellness	3
HLSC 120	Anatomy & Physiology I *	4
HLSC 160	Anatomy and Physiology II *	4
PHYS-ED 300	Mechanical Analysis of Human Movement (prereq: HLSC 120 and HLSC 160 or concurrent enrollment)	3
PHYS-ED 350	Physiology of Sport and Exercise (prereq: HLSC 120 and HLSC 160 or concurrent enrollment)	3
PHYS-ED 370	Psychology of Sport and Exercise	3
PHYS-ED 391	Fitness Assessment and Exercise Prescription	3
Total Credits		23

- \* If students are transferring an approved course equivalency for Anatomy & Physiology I & II that totals less than eight hours, they are required to take courses from the "strongly recommended" list to ensure they have earned a total of 23 hours to be awarded the Minor in Exercise Science. These courses include PHYS-ED 157, HLSC 200, and PHYS-ED 398.