

# Exercise Science Minor

## Degree Type

Minor

A total of 24 hours with grades of "C-" or better is required.

## Required Courses

Item #	Title	Credits
BI203	HUMAN BIOLOGY	4
HS344	ANATOMY & PHYSIOLOGY I	4
XS130	INTRODUCTION TO EXERCISE SCIENCE	2
XS355	PHYSIOLOGY OF EXERCISE	4
XS365	EXERCISE TESTING AND PRESCRIPTION	4

## Required

6 hours from the following:

Item #	Title	Credits
BI131	HUMAN NUTRITION	4
XS331	EXERCISE AND SPORT NUTRITION	4
XS340	KINESIOLOGY	4
XS360	BIOMECHANICS	2
XS363	STRENGTH AND FITNESS PROGRAMMING	2
	Total Credits	24