Exercise Science Minor

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Exercise science students study the science of human movement from a variety of lenses including chemistry, biology, physics, engineering, and social sciences in addition to public health and policy. Exercise science isn't just about lifting weights, it's about helping people overcome their barriers to change, prevent injury, manage stress, reduce risk of disease and overall, live longer, happier lives, leading to stronger and healthier communities. Exercise and movement professionals have the knowledge, skills, and abilities to walk alongside individuals in their journey to live healthier lives through exercise, rehabilitation programming, and nutritional support. Exercise professionals have career opportunities in health care organizations as cardiac rehabilitation specialists, clinical exercise physiologists, personal fitness coaches, fitness manager, sport massage therapists, geriatric exercise specialist, occupational, and physical therapists.

Learning Outcomes for Neuroscience Studies Minors
Students in the Exercise Science minor will be able to:

1. Demonstrate knowledge and understanding of the scientific facts, principles, and concepts of physical activity, exercise and human movement.
2. Analyze the relationships between physical activity, exercise, human moment and/or health and wellness promotion.
3. Read, evaluate, and apply research related to physical activity, exercise and human movement related topics.

15 credit hours are required for the minor.

In fulfillment of the minor, students must take at least 12 of the required 15 credit hours of upper-division coursework outside their designated major. Students and advisors should note that only 3 credit hours can overlap between a major and minor.

Required Courses - 11 credit hours

BIO 305	Anatomy & Physiology I	3
BIO 365	Anatomy & Physiology I Lab	1
BIO 306	Anatomy & Physiology II	3
BIO 366	Anatomy & Physiology II Lab	1
BIO 418	Biology of Exercise	3
	or	
EXS 491	Kinesiology and Functional Anatomy	3

Exercise Science Electives - 3 credit hours

Select one course from the following:

EXS 4XX	Orthopedic and Neurological Evaluation	3
EXS 4XX	Exercise Evaluation and Prescription	3
EXS 4XX	Exercise Neuroscience	3
EXS 4XX	Motor Control and Motor Learning	3
EXS 405	Care and Prevention of Athletic Injuries	3

IHW 310	Foundation of Health Education and Promotion	3
IHW 312	Research Methods in Health and Wellness	3
IHW 411	Technology and Health	3

EXS 4XX courses are currently being developed and will begin being taught in 2024 - 2025.

High Impact Experience Elective - 1 credit hour

Select one course from the following:

BIO 397/ 497	Internship	1
	or	
BIO 493	Research	1

Students enrolled in more engaged internship or research projects can enroll in up to 3 credit hours.