



EXERCISE SCIENCE MINOR IN KINESIOLOGY

Students desiring an exercise science minor must take a minimum of 22 semester hours to include 18 semester hours of exercise science courses in the kinesiology department and four semester hours from Biology 221.

Required Exercise Science Courses (19 credits)

	Pre-Requisites
BIO 221 – Human Physiology (4 credits)	
KIN 200 – Human Anatomy (4 credit)	
KIN 208 – Introduction to Nutrition (3 credits)	
KIN 221 – Anatomical Kinesiology (4 credits)	KIN 200
KIN 222 – Exercise Physiology (3 credits)	BIO 221
KIN 223 – Exercise Physiology Laboratory (1 credit)	BIO 221

Three additional semester hours from the exercise science courses listed below are also required:

Elective Exercise Science Courses (3 credits)

	Pre-Requisites
KIN 301 – Motor Development	
KIN 308 – Nutrition and Athletic Performance (3 credits)	KIN 208
KIN 323 – Clinical Exercise Physiology (3 credits)	KIN 222
KIN 324 – Clinical Exercise Physiology Laboratory (1 credit)	KIN 222
KIN 325 – Science of Strength & Power Training (4 credits)	KIN 222
KIN 326 – Children, the Elderly, and Exercise (3 credits)	KIN 222
KIN 342 – Injury Management and Care	KIN 200
KIN 371/372 – Sports Perform. Psych./ Sports Perform. Psych. Lab	PSY 100
KIN 383 – Biomechanics (4 credits)	KIN 200 & 221