

Minor - Exercise Science

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Minor - Exercise Science Description

A minor in exercise science offers a foundation for those specifically interested in building careers within fitness, sports medicine, rehabilitation, and human performance. The exercise science minor would pair well with several other minors for individuals pursuing a degree in multi-disciplinary studies (i.e., choose three minors).

Course Requirements

- ES 338: Neuroscience of Exercise (3 hours)
- ES 346/347: Kinesiology + Lab (4 hours)
- ES 348/349: Physiology of Exercise + Lab (4 hours)
- ES 358/359: Exercise Testing and Prescription + Lab (4 hours)

