

## Minor - Exercise Science

- [Minor - Exercise Science](#)

### **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)

