

EXERCISE SCIENCE MINOR

Minor Requirements

Code	Title	Hours
Required Courses		
PES-1010	Fitness and Wellness	1
PES-1119	Weight Training and Cardiovascular Activities	2
PES-3400 or BIO-2111	Applied Anatomy and Physiology Anatomy and Physiology I	4
PES-3660	Kinesiology	3
PES-4420	Physiology of Exercise	3
PES-4980	Practicum: Health and Exercise Science	6
Electives		
Select six hours from the following:		6
PES-1121	First Aid Safety and Injury Prevention	
PES-3200	Foundations of Exercise and Sport Science	
PES-3501	Principles of Coaching/Officiating	
PES-3705	Prevention and Care of Athletic Injuries	
PES-3820	Group Fitness Theories and Methods	
PES-3830	Senior Fitness Theories and Methods	
PES-4101	General Nutrition	
PES-4110	Fitness Activities and Technology	
PES-4123	Exercise and Sport Nutrition	
PES-4200	Fitness Testing and Exercise Prescription	
PES-4310	Drug Education	
PES-4410	Biomechanics	
PES-4431	Physical Growth/Motor Development	
PES-4650	Physical Activities for Children with Special Needs	
PES-4730	Management of Physical Activity Programs	
PES-4740	Measurement and Evaluation of Human Performance	
PES-4950	Independent Study in Physical Education	
Total Hours		25

Minors can be added to a major and all courses must be completed. A student cannot be awarded a degree with just a minor. Courses within the minor can double count in the major as long as 1/3 of the courses are unique to the major or any other minor.