

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 Courses (16 credits)

	Pre-Requisites
BIO 221/221L – Human Physiology (3+1 credits)	
KIN 150 - Intro to Writing in Exercise Science (1 credit)	
KIN 200/200L – Human Anatomy & Lab (3+1 credits)	
KIN 208 – Introduction to Nutrition (3 credits)	
KIN 321/321L – Exercise Physiology & Lab (3+1 credits)	BIO 221/221L

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

Elective Exercise Science Courses (6 credits)

	Pre-Requisites
KIN 301 – Motor Development (3 credits)	
KIN 300/300L – Anatomical Kinesiology & lab (3+.50)	KIN 200/200L
KIN 308 – Nutrition & Athletic Performance (3 credits)	KIN 321/321L
KIN 310/310L – Research Methods & Lab (3+1 credits)	MATH 210
KIN 325 – Science of Conditioning, Strength & Power (3 credits)	KIN 321/321L
KIN 326 – Children, Elderly, & Exercise: Fitness & Health. (3 credits)	KIN 321/321L
KIN 342 – Injury Prevention & Care (3 credits)	KIN 200/200L
KIN 371/371L – Sport Performance Psychology & Lab (3+.50 credits)	PSY 100
KIN 383/383L – Biomechanics & Lab (3+.50 credits)	KIN 200/200L; KIN 300/300L
KIN 421/421L – Clinical Exercise Physiology & Lab (3+1 credits)	BIO 221/221L; KIN 321/321L