

EXERCISE AND SPORT SCIENCE MINOR

The College of Education offers a minor in Exercise and Sport Science for undergraduate students majoring in a range of disciplines. The minor provides an excellent opportunity for students to broaden their knowledge of the exercise and sport science by building skills and knowledge in exercise and sport science. The addition of a minor in Exercise and Sport Science can expand employment opportunities and add capabilities for students interested in pursuing a career in healthcare or related fields. To be eligible to apply for this minor, students must have a minimum overall grade point average of a 2.0.

The minor is a minimum of 15 credit hours consisting of the courses listed below. The electives allow the student to further develop exercise and sport science skills and knowledge by applying them to specific aspects of the sport industry.

Code	Title	Credits
KIN 3000	Professional Perspectives in Kinesiology and Exercise Science	3
KIN 5100	Anatomical and Physiological Bases of Physical Activity	3
or BIO 2870	Anatomy and Physiology	
Choose 9 credits from the following:		9
KIN 3400	Lifespan Growth and Development	
KIN 3540	Cultural Foundations of Kinesiology	
KIN 3550	Motor Learning and Control	
KIN 3580	Biomechanics	
KIN 6100	Methods of Group Training	
KIN 6120	Strength and Conditioning	
KIN 6300	Exercise Physiology I	
KIN 6310	Exercise Physiology II	
KIN 6320	Fitness Assessment and Exercise Prescription	
A three-credit elective within KHS approved by the academic advisor that focuses on the core learning outcomes of the ESS minor.		
Total Credits		15

Please be aware that prerequisite coursework may be required for the above courses.