



Exercise Science *minor*

Required Credits: 35

Required GPA: 2.00

REQUIRED COURSES

SELECT 1 OF THE FOLLOWING COURSES:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1211 Introductory Biology I (4 credits)

COMPLETE THE FOLLOWING COURSES:

- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 4410 Health Programming (4 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3100 Motor Development (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Personal Trainer: Aerobic Exercise (3 credits)
- PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects Of Sport (3 credits)

COMPLETE THE FOLLOWING COURSE, for 1 credit:

- PHED 4970 Internship (1-12 credits)