MINOR IN EXERCISE SCIENCE

18 Credits Required

The minor addresses the foundations of exercise science.

Requirements
BIO 200 or HMS 281 — Anatomy and Physiology I
BIO 201 or HMS 282 — Anatomy and Physiology II
HMS 301 — Exercise and Nutrition
HMS 380 — Sport Psychology
HMS 383 — Biomechanics of Sport and Exercise
HMS 384 — Exercise Physiology