

EXERCISE SCIENCE MINOR

A minor in Exercise Science is available for students who are pursuing a non-teaching degree. The minor consists of 13 required hours and 9 approved elective hours for a minimum of 22 hours.

Course	Title	Credits
HPE 109	Concepts of Wellness	3
HPE 165	Introduction Exercise Science and Wellness	1
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 415	Biomechanics (WI)	3
Select nine hours of electives from the following:		9
HPE 272	Basic Athletic Training	
HPE 405	Scientific Principles of Conditioning	
HPE 406	Physical Fitness Techniques	
HPE 440	Fitness Testing	
Total Hours		22