

Minor in Exercise and Sports Sciences

Exercise and Sport Science studies the holistic connection of Mind, Body and Spirit in each human being. Students study and practice how the body works in stillness and in movement with an emphasis on the interconnectedness of all the systems within the body.

At this time, Exercise and Sport Science is experiencing increasing growth as it has been recognized as a gateway for students interested in a variety of professions including fields such as Healthcare, Sports, Health and Wellness and Fitness.

Students with Exercise and Sport Science degrees have become professionals in the Medical area (MD, DO, Nursing), Rehabilitation, Physical Therapy, Occupational Therapy as well as in the Academic area (teaching/coaching). There are also students who become Fitness Instructors, Strength and Conditioning coaches and a wide variety of other professions.

Click on the course number to view course title and description.

Code	Title	Semester Hours
Requirements for minor:		
Choose six (6) of the following courses:		18
EX 1302	Foundations of Exercise & Sport Science	
EX 1312	Lifelong Health and Wellness	
or NU 3301	Health Promotion and Disease Prevention Across the Lifespan	
EX 2304	Medical Terminology	
EX 2306	Instruction of Sports Activities and Games	
EX 2308	Introduction to Athletic Training	
EX 2310	Motor Learning	
EX 3302	Prevention & Care of Activity-Related Injuries	
EX 3304	Biomechanics of Human Movement	
EX 3306	Current Issues in Exercise & Sport Science	
EX 3310	Field Experience	
or NU 4404	Clinical Immersion	
EX 3314	Exercise and Sport Psychology	
EX 3401	Exercise Physiology	
EX 4302	Advanced Exercise Physiology	
EX 4306	Sport Nutrition	
EX 4404	Exercise Testing and Prescription	
EX 4408	Essentials of Strength and Conditioning	
Total Semester Hours		18