

EXERCISE SCIENCE MINOR

Minor Code: ESM

Health, Nutrition and Dietetics Department

Caudell Hall 334

(716) 878-5913

hnd.buffalostate.edu/ (<https://hnd.buffalostate.edu/>)

This minor emphasizes that physical activity is inextricably linked to longevity and disease prevention. Individuals with an exercise science minor will have the foundational knowledge and skills to pursue a career in personal training, corporate fitness, and graduate school in applied exercise physiology. Students with an exercise science minor are encouraged to pursue highly recognized certifications related to exercise science.

Program Requirements

Code	Title	Credit Hours
Required Courses (15 credit hours)		
BIO 100 or BIO 111	PRINCIPLES OF BIOLOGY FOUNDATIONS OF BIOLOGY	3
BIO 308	SURVEY OF HUMAN ANATOMY AND PHYSIOLOGY	3
HEW 301	KINESIOLOGY: APPLIED ANATOMY AND BIOMECHANICS	3
HEW 304	EXERCISE PHYSIOLOGY I	3
HEW 306	EXERCISE PHYSIOLOGY II	3
Electives (6 credit hours)		
Select two from the following:		6
HEW 330	PRINCIPLES OF PERSONAL TRAINING	
HEW 331	PRINCIPLES OF STRENGTH AND CONDITIONING	
HEW 335	PREVENTION AND CARE OF ATHLETIC INJURIES	
NFS 102	INTRODUCTORY NUTRITION	
PSY 376	HEALTH PSYCHOLOGY	
SOC 324	SOCIOLOGY OF SPORT	
Total Credit Hours		21