

EXERCISE SCIENCE MINOR

ESM

Health, Nutrition, and Dietetics Department

Houston Gym 202
(716) 878-6501

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 335 | PREVENTION AND CARE OF ATHLETIC INJURIES | |
| NFS 102 | INTRODUCTORY NUTRITION | |
| PSY 376 | HEALTH PSYCHOLOGY | |
| SOC 324 | SOCIOLOGY OF SPORT | |
| Total Credit Hours | | 21 |