

Name _____

ID# _____

EXERCISE SCIENCE – MINOR

MINOR REQUIREMENTS: (20 Semester Hours)

Select one approved Activity Course: (1 Semester Hour)

KIN 140 Aerobic Dancing (1 hour)		KIN 144 Conditioning (1 hour)	
KIN 147 Weight Training (1 hour)		KIN 150 Step Aerobics (1 hour)	

Note: If KIN 140, KIN 144, or KIN 150 was taken for General Education, students must take KIN 147. If KIN 147 was taken for General Education, students must take KIN 140, KIN 144, or KIN 150.

Other Required Courses: (19 Semester Hours)

KIN 308 Prevention and Care of Athletic Injuries and First Aid		KIN 350 Psychology of Exercise and Sport	
KIN 361 Physiology of Exercise		KIN 371 Motor Development	
KIN 390 Anatomical Kinesiology		KIN 408 Biomechanics	

Total degree hours required = 124 semester hours

Audited:
