

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)	

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	

Note: Only 50% of the credit hours for a minor may be double counted between the minor and the major or another minor.

Total degree hours required = 124 semester hours

Audited:
