

EXERCISE SCIENCE, MINOR

Course Requirements

Code	Title	Credit Hours
Required		
HS 222	Hlth Prov First Aid/CPR/AED	3
DTS 210	Nutrition	3
ESS 211	Physiology of Fitness	3
Electives		
Select two of the following:		6
HS 220	Personal Health	
HS 365	Functional Kinesiology	
HS 369	Motor Learning	
ESS 442	Princ of Strength & Cond	
ESS 443	Prin of Strength Cond Lab (corequisite with ESS 442)	
ESS 345	Exercise Physiology	
Total Credit Hours		15