

EXERCISE SCIENCE MINOR

Requirements for a Minor in Exercise Science

Code	Title	Hours
HPE 352	Kinesiology	3
HPE 353W	Physiology of Exercise	3
HPE 360	Introduction to Fitness Testing	3
Select three additional courses from the following:		9
HPE 402	Exercise Prescription and Fitness Appraisal in the Healthy Individual	
HPE 403	Essentials of Prescribing Resistance Training	
HPE 405	Exercise Leadership	
HPE 494	Exercise Prescription for Moderate Risk and Known Disease Individuals	
Total Hours		18