

EXERCISE SCIENCE MINOR

Requirements for a Minor in Exercise Science

Code	Title	Hours
HPE 175	Essentials of Healthy Living	3
HPE 352	Kinesiology	3
HPE 353W	Physiology of Exercise	3
HPE 360	Introduction to Fitness Testing	3
HPE 402	Exercise Prescription and Fitness Appraisal in the Healthy Individual	3
HPE 403	Essentials of Prescribing Resistance Training	3
HPE 430	Behavioral Modification Interventions	3
Total Hours		21