

# Minor in Exercise and Sports Sciences

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Exercise and Sport Science studies the holistic connection of Mind, Body and Spirit in each human being. Students study and practice how the body works in stillness and in movement with an emphasis on the interconnectedness of all the systems within the body.

At this time, Exercise and Sport Science is experiencing increasing growth as it has been recognized as a gateway for students interested in a variety of professions including fields such as Healthcare, Sports, Health and Wellness and Fitness.

Students with Exercise and Sport Science degrees have become professionals in the Medical area (MD, DO, Nursing), Rehabilitation, Physical Therapy, Occupational Therapy as well as in the Academic area (teaching/coaching). There are also students who become Fitness Instructors, Strength and Conditioning coaches and a wide variety of other professions.

Code	Title	Semester Hours
Requirements for minor:		
EX 1302	Foundations of Exercise & Sport Science	3
EX 3302	Prevention & Care of Activity-Related Injuries	3
EX 3304	Biomechanics of Human Movement	3
EX 3376	Human Anatomy and Physiology of Exercise	3
EX 4301	Wellness	3
EX 4310	Internship in Recreation & Fitness Management	3
Total Semester Hours		18