

# Exercise Science Minor (EXS)

Exercise Science borrows from many parent disciplines in the natural and social sciences in order to understand the phenomenon of exercise and human movement activities, ranging from sport training to injury rehabilitation. Graduates typically work in corporate fitness, cardiac rehabilitations, YMCAs, community recreation programs, commercial health clubs, and other settings. Other graduates have entered graduate programs in physical therapy, nutrition, athletic training, occupational therapy, biomechanics, and exercise physiology. A major and minor are offered in this area.

Graduates of the majors offered in the Kinesiology and Health Science department will demonstrate:

- a basic understanding of the physiological, anatomical, and mechanical foundations of movement;
- a basic understanding of human anatomy and physiology;
- foundational knowledge pertaining to the subdisciplines and career areas associated with kinesiology;
- the understanding of health as a multidimensional concept with a focus on personal health;
- the fundamental understanding of nutrition as it applies across the lifespan;
- knowledge of normal and abnormal psychological responses to stressors and appropriate coping strategies;
- knowledge and skill of evaluative tools used in the field of kinesiology;
- knowledge of physiological responses to exercise; and
- a basic understanding of research techniques used in the field of kinesiology and health.

For the course descriptions for Exercise Science, please see Kinesiology and Health Studies.

Program Contact: Associate Professor Karla Francioni

**Department:** [Exercise Science](#)

**Type:** Minor

Core Courses	18 hours
Required Course Selections	3 hours
Total	21

## Core Courses

Item #	Title	Credit Hour(s)
KHS214	Foundations of Kinesiology	3
KHS304	Anatomy for Allied Health	3
KHS306	Physiology for Allied Health	3
KHS322	Functional Anatomy and Biomechanics	3
KHS410	Measurement and Evaluation in Kinesiology	3
KHS423	Physiology of Exercise	3

# Required Course Selections

Select one course from the following:

Item #	Title	Credit Hour(s)
KHS185	Introductory Athletic Training and Sports Medicine	3
KHS220	Personal Health	3
KHS310	Healthcare Administration	3
KHS315	Epidemiology	3
KHS320	Nutrition	3
KHS400	Psycho-social Issues in Kinesiology and Health Studies	3
KHS405	Health Behavior Modification	3
	<b>Total credits:</b>	<b>21</b>