Minor

Exercise Science Minor

Requirements

BIOL 240 or BIOL 250 and EXSC 225 are prerequisites for the minor and are not included in the calculation of the grade point average for the minor. Requirements for the minor are:

EXSC 309	Fundamentals of Exercise Physiology	3
EXSC 322	Anatomical Kinesiology and Musculoskeletal Injuries	3
Select two of the following:		6
EXSC 240	Prevention and Care of Injuries Related to Physical Activity	
or EXSC 250	Strength and Conditioning Leadership	
EXSC 310	Gross Anatomy for Exercise Science	
EXSC 369	Practicum in Exercise Science	
EXSC 408	Nutrition for Fitness and Sport	
EXSC 415	Exercise Testing for Normal and Special Populations	
EXSC 417	Biomechanics	
EXSC 420	Research Methods in Exercise Science	
EXSC 428	Exercise Prescription for Chronic Disease	
EXSC 431W	Wellness Programming and Administration	
Total Credit Hours		**12**

For completion of a minor, a student must have a minimum overall cumulative grade point average of 2.00 in all courses specified as a requirement for the minor exclusive of 100- and 200-level courses and prerequisite courses and complete a minimum of six hours in upper-level courses in the minor requirement through courses offered by Old Dominion University.