STUDENT WORKSHEET

EXERCISE SCIENCE MINOR PROGRAM
College of Education and Human Services

Name: ____________________________________________________________
(Last) (First)

Required before Declaring Exercise Science Minor

_____ BIO 150 Human Biology (3)
_____ PSY 101 General Psychology (3)

18 Credits Required

Course Requirements:

_____ ESC 243 Physiological Basis of Sport (3)
_____ ESC 244 Mechanical Analysis of Sports Skills (3)
_____ ESC 250 Kinesiology (3)
_____ ESC 352 Psychology of Physical Activity (Prerequisite: ESC 250) (3)

Choose two of the following three:

_____ ESC 340 Prevention and Care of Athletic Injuries (Prerequisite: BIO 150) (3)
_____ ESC 336 Motor Behavior (Prerequisite: ESC250) (3)
_____ ESC 350 Nutrition for Sport and Fitness (Prerequisite: ESC243) (3)

Entrance Requirements:

1. BIO 150 Human Biology, grade “C” or better.
2. PSY 101 General Psychology, grade “C” or better.
3. GPA: 2.5 or better

***Students could complete both the Coaching and Exercise Science minor if they choose ESC 336 and 350 from the optional category