

EXERCISE SCIENCE, MINOR

The exercise science minor is available to all non-EXPER majors. This minor is ideal for other majors interested in exercise science or strength & conditioning.

Specific Program Requirements

- Complete the credit hour requirement of the minor;
- Complete all required coursework with a cumulative GPA of 2.5 or higher;
- Earn a minimum grade of a "C" in all minor courses;
- Repeat minor courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Possess content knowledge and skills necessary for their perspective fields of study;
- Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest; and
- Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting.

(For Non-EXPER Majors)

Course	Title	Credits
Required Courses		
BIOL 112	Nutrition	3
EPER 101	Intro to EXPER	2
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
Minor Electives	Must be EXPER. Must be upper division.	9
Additional Electives	Must be within EXPER.	2
Total Credits		20

EXPER Electives

Course	Title	Credits
EPER 102	Mountain Orientation	2
EPER 103	Winter Orientation	2
EPER 104	Desert Orientation	2
EPER 105	Canyon Orientation	2
EPER 106L	Martial Arts and Self-Defense	1
EPER 108L	Yoga	1
EPER 109L	Volleyball	1
EPER 110L	Weight Training	1
EPER 112L	Rock Climbing	1
EPER 113L	Whitewater Boating	1
EPER 114L	Basic Mountaineering Techniques	1
EPER 116L	Camping	1
EPER 117L	Backpacking	1
EPER 118L	Fly Fishing	1
EPER 119L	Walking for Fitness	1
EPER 120L	Introduction to Search and Rescue	1
EPER 124L	Tai Chi	1
EPER 127L	Jogging	1
EPER 146L	Beginning Swimming	1

EPER 123L	Zumba	1
EPER 125L	Snow Sports	1
EPER 126L	Personal Fitness	1
EPER 128L	Aerobics	1
EPER 174L	Tennis	1
EPER 175L	Racquetball	1
EPER 176L	Life Guard Training	2
EPER 205L	Snow Sports II	1
EPER 208L	Yoga II	1