

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		
EPER 101	Intro to EXPER	2.0
BIOL 112	Nutrition	3
EPER 162	Personal Health	3.0
EPER 162L	Personal Health Lab	1.0
EPER 300 or Higher Level	Select 9 credits of Student Electives	9
Select 2 credits of Exercise Science and Health Promotion Electives (see below)		2
Total Credits		20

¹ Students pursuing the WEA Outdoor Leadership Certification must enroll in REC 102 MOUNTAIN ORIENTATION (2.00 c.h.) and complete additional leading experiences as per the certification requirements.

Exercise Science Electives

Course	Title	Credits
EPER 102	Mountain Orientation	2.0
EPER 103	Winter Orientation	2.0
EPER 104	Desert Orientation	2.0
EPER 106L	Martial Arts and Self-Defense	1.0
EPER 126L	Personal Fitness	1.0
EPER 108L	Yoga	1.0
EPER 109L	Volleyball	1.0
EPER 110L	Weight Training	1.0
EPER 112L	Rock Climbing	1.0
EPER 113L	Whitewater Boating	1.0
EPER 114L	Basic Mountaineering Techniques	1.0
EPER 116L	Camping	1.0
EPER 117L	Backpacking	1.0

EPER 118L	Fly Fishing	1.0
EPER 120L	Introduction to Search and Rescue	1.0
EPER 119L	Walking for Fitness	1.0
EPER 123L	Zumba	1.0
EPER 174L	Tennis	1.0
EPER 128L	Aerobics	1.0
EPER 175L	Racquetball	1.0
EPER 176L	Life Guard Training	2.0
EPER 205L	Snow Sports II	1.0
EPER 208L	Yoga II	1.0