

Exercise Science minor

2024-2025 catalog

Student Name: _____ **ID Number:** _____

Minor Requirements

Term Completed/Planned	Grade	Credit	Course #	Title
_____	_____	4	HPE104	Components of Fitness Training
_____	_____	4	HPE203 and 203L: Human Anatomy and Physiology (or completed as BIO103 and 103L)	
_____	_____	4	HPE350 and 350L: Kinesiology and Lab	
_____	_____	4	HPE451 and 451L: Physiology of Exercise and Lab	

Complete **eight (8)** credits of HPE electives, chosen from the following:

_____	_____	2	HPE214	Health and Safety Education
_____	_____	4	HPE215	Health and Exercise Psychology
_____	_____	2	HPE315	Exercise Testing and Prescription
_____	_____	2	HPE321	Motor Learning and Development
_____	_____	2	HPE357	Research Methods and Measurement in Health, Physical Education, and Exercise Science
_____	_____	4	HPE380	Coaching Theory
_____	_____	4	HPE404	Advanced Fitness Training

Abbreviation Key: ML = Modern Language; SC = Signature Curriculum; EM = Engaging Minneapolis; AE = Augsburg Experience; KC = Senior Keystone Course; NSM = Natural Science & Mathematics - no lab; NSM-L = Natural Science & Mathematics-with lab; SBS = Social & Behavioral Science; FA = Fine Arts; HUM = Humanities