

Exercise Science minor

2025-2026 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