

# MINOR IN HEALTH AND EXERCISE SCIENCE

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## Requirements Effective Fall 2024

Students must satisfactorily complete the total credits required for the minor. Minors and interdisciplinary minors require 12 or more upper-division (300- to 400-level) credits.

Additional coursework may be required due to prerequisites.

Code	Title	Credits
HES 145	Health and Wellness	3
HES 202	Introduction to Exercise Physiology	3
HES 207	Anatomical Kinesiology	4
HES 303	Biomechanics and Neurophysiology	3
Select 9 credits from the following courses:		9
HES 300 or BMS 300	Physiology for Clinical Health Professions Principles of Human Physiology	
HES 307	Biomechanical Principles of Human Movement	
HES 309	Methods of Coaching	
HES 319	Neuromuscular Aspects of Human Movement	
HES 340	Exercise Prescription	
HES 345	Population Health and Disease Prevention	
HES 354	Theory of Health Behavior	
HES 379	Psychology and Sport	
HES 403	Physiology of Exercise	
HES 420	Electrocardiography and Exercise Management	
HES 432	Virtual Coaching for Wellness	
HES 434	Physical Activity Throughout the Lifespan	
HES 450	Introduction to Human Clinical Medicine	
HES 500	Environmental Exercise Physiology	
HES 510	Bioethics--Concepts and Controversies	

**Program Total Credits:** 22