

MINOR IN HEALTH AND EXERCISE SCIENCE

A minor in Health and Exercise Science provides students in other majors with an opportunity to gain knowledge and skills specific to health and exercise science. Students in the minor program will gain core knowledge and skills in the fundamentals of exercise science, including anatomy, physiology, neurophysiology, and biomechanics. Additionally, students can select electives that provide a further understanding of health, and healthy behaviors as they relate to decreasing the risk of chronic disease and disability. The minor may be of special interest to students pursuing graduate programs in medicine and other health professions and health promotion fields.

Learning Objectives

Students will:

1. Demonstrate knowledge in the fundamentals of exercise science, including human anatomy and movement, as well as the basics of exercise physiology, neurophysiology and biomechanics.
2. Understand the importance of physical activity in optimizing physical and mental health and preventing/treating disease and disability in people of all ages.
3. Demonstrate critical thinking and the ability to apply knowledge related to the key concepts, issues, and tools fundamental to health and exercise science.

Learn more about the (<https://www.chhs.colostate.edu/hes/programs-and-degrees/b-s-in-health-and-exercise-science/minor-in-health-and-exercise-science/>) Minor in Health and Exercise Science on the Department of Health and Exercise Science website. (<https://www.chhs.colostate.edu/hes/programs-and-degrees/b-s-in-health-and-exercise-science/minor-in-health-and-exercise-science/>)