

## Minor in Exercise Science (code Q077) Spring 2020

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**Name** \_\_\_\_\_ **Sem/Yr entering Minor** \_\_\_\_\_  
*(Students are bound by the major, minor, and related requirements in the catalog for the academic year for which they are accepted into the major or minor).*

**Advisor** \_\_\_\_\_ *(Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet)*

### Course Advising Sheet

The Exercise Science minor in the College of Health Sciences at West Chester University is designed to impart fundamental knowledge, skills, and abilities in the theories and practice of exercise science. The minor will also provide learning experiences that lead to a basic understanding of exercise techniques, exercise testing, and exercise prescription. Students who wish to minor in exercise science must submit a minor application online at myWCU. To enroll in this minor, students also must have permission from their major department and from the Department of Kinesiology. Students should make course selections in consultation with the Assistant Chair for Exercise Science.

A minor in Exercise Science requires students to complete a minimum of 34 credit hours stipulated below. A minimum grade of C- is required in each of the EXS minor courses taken before clearance for graduation with a minor will be granted.

RELATED REQUIREMENTS	Course Number	Credit Hours	Semester/Year	Letter Grade or "T"
Basic Biological Science or General Biology	BIO 100 or 110	3		
Anatomy and Physiology I (pre-req BIO 100 or 110)	BIO 259	4		
Anatomy and Physiology II (pre-req BIO 259)	BIO 269	4		
Physics	PHY 100 or above	3		
Introduction to Psychology	PSY 100	3		
<b>REQUIRED EXS MINOR COURSES</b> <b>(Must be passed with a C- or better)</b>				
Kinetic Anatomy (pre-req BIO 259)	EXS 223	2		
Biomechanics (pre-req PHY 100 or above and EXS 223)	EXS 362	3		
Sport and Exercise Psychology (pre-req PSY 100)	EXS 375	3		
Exercise Physiology (pre-req BIO 269)	EXS 380	3		
Fitness Assessment – Exercise Prescription (pre-req EXS 380)	EXS 381	3		
Strength Training and Conditioning (pre-req EXS 362 and EXS 380)	EXS 482	3		

**Should you have questions, feel free to call or email the Assistant Chair – Exercise Science division located at 210 HSC.**