

MINOR REQUIREMENTS (32 units, 16 upper division) *Grades of "C" or better required. It may not be necessary to complete courses in the order listed.*

Course Requirements (18 units)

FALL WINTER SPRING

BIOL 131 Anatomy & Physiology I (5)	_____	_____	_____
EXSC 104 Seminar in Exercise Science (1)	_____	_____	_____
EXSC 224 Structural Kinesiology (4)	_____	_____	_____
EXSC 254 Concepts and Applications of Fitness (4)	_____	_____	_____
EXSC 354 Methods of Fitness Instruction (4)	_____	_____	_____

12 units from the following courses:

EXSC 350 Exercise Science Colloquium I (1)	_____	_____	_____
EXSC 364* Research Methods (4)	_____	_____	_____
EXSC 416 Movement in Cultural Perspective (4)	_____	_____	_____
EXSC 424* Biomechanics of Human Movement (4)	_____	_____	_____
EXSC 426* Exercise Physiology (4)	_____	_____	_____
EXSC 444* Physiological Assessment and Exercise Prescription (3)	_____	_____	_____
HLSC 326* Behavior change in Health & Wellness (4)	_____	_____	_____

*This course has additional pre-requisites