
Minor Requirements

Required Minor Courses: (9 Credits)

- EXSC 1100 Introduction to Fitness
- EXSC 2260 Sports Nutrition
- EXSC 3233 Fitness for Wellness

Elective Courses: (9 Credits) Select three (3) from the following:

- CHEM 2680 Nutritional Science
- EXSC 2286 Cardiovascular and Resistance Training Techniques
- EXSC 3105 Motivation in Wellness and Fitness
- EXSC 3234 Food, Fitness, Weight Management
- EXSC 3240 Nutrition Education
- EXSC 3314 Kinesiology
- EXSC 3350 Exercise Physiology
- EXSC 4210 Nutrition II
- EXSC 4225 Nutrition Assessment and Counseling
- EXSC 4231 Fitness Assessment and Prescription
- SPT 4235 Risk Management for Sports Professions