

## EXERCISE SCIENCE MINOR

NAME: \_\_\_\_\_  
 Student ID #: \_\_\_\_\_  
 MAJOR: \_\_\_\_\_  
 MINOR: Exercise Science  
 CATALOG YEAR: \_\_\_\_\_

Department of Health, Physical Education  
 and Recreation  
 301 Flowers Hall

**NOTE:** This program of study **DOES NOT**  
 lead to eligibility for teacher certification  
 in the state of Alabama.

**APPROVED June 2009**

REQUIRED COURSES	Hrs	Gr	Sem
HPE 175 Essent of Healthy Living	3		
*HPE 352 Kinesiology	3		
*HPE 353W Phys of Exercise	3		
HPE 360 Intro to Fitness Testing	3		
HPE 402 Exercise Rx/ Healthy	3		
HPE 403 Essentials Rx Resist Train	3		
<b>One (1) additional course form the following:</b>			
HPE 351 Chron Disease&Hea Pro	<b>3</b>		
HPE 405 Exercise Leadership	3		
HPE 430 Behavior Mod Intervent	<b>3</b>		
HPE 494 Exer RX/Moderate Risk	3		
HPE 495 Prins ECG& CardioAssm	<b>3</b>		
HPE 496 Cardiopulmonary Rehab	3		
<b>TOTAL</b>	<b>21</b>		

**Note:** Prerequisites for any courses required for this minor  
 must be met **BEFORE** enrolling in the courses.

\* BI 101 OR BI 111 and BI 102 OR BI 112 are prerequisites for BI 241, Human Anatomy  
 and Physiology I and BI 242, Human Anatomy and Physiology II. BI 241 and BI 242 are  
 prerequisites to HPE 352, Kinesiology, and HPE 353W Physiology of Exercise.