

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		
One (1) additional course form the following:			
HPE 351 Chron Disese&Hea Pro	3		
HPE 405 Exercise Leadership	3		
HPE 430 Behavior Mod Intervent	3		
HPE 494 Exer RX/Moderate Risk	3		
HPE 495 Prins ECG& CardioAssm	3		
HPE 496 Cardiopulmonary Rehab	3		
TOTAL	21		

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.