

Salisbury University
Health, Physical Education & Human Performance
EXERCISE SCIENCE MINOR

REQUIRED COURSE - 15 CREDIT HOURS

EXSC 332	(PHEC 332)	Exercise Physiology	_____ 4 (F/S)
EXSC 333	(PHEC 333)	Kinesiology	_____ 4 (F/S)
EXSC 462		Exercise Phys, Aging & Special Populations	_____ 3 (F/S)
EXSC 481		Stress Testing & Exercise Prescription	_____ 4 (F/S)

ELECTIVES - 6 CREDIT HOURS

EXSC 312	(EXSC 412)	Strength Training Techniques & Program Design	_____ 3 (F)
EXSC 313	(EXSC 413)	Strength Training for Rehabilitation	_____ 3 (S)
HLTH 225		Health Behavior	_____ 3 (F/S)
HLTH 217	(HLTH 317)	Nutrition, Health & Human Performance	_____ 3 (F/S)

The minor in exercise science consists of a minimum of **21 credit hours**.

Required courses include:

EXSC 332 (PHEC 332)	EXSC 333 (PHEC 333)
EXSC 462	EXSC 481

Students are required to complete six additional credit hours of electives from the following list:

HLTH 225	HLTH 217 (HLTH 317)
EXSC 312 (EXSC 412)	EXSC 313 (EXSC 413)

Students must complete each course with a grade of "C" or better.

The university requires that at least nine (9) of these hours must be earned at the university.

Exercise Science majors are not eligible to earn a minor in exercise science.