

## EXERCISE SCIENCE

CREDITS 12

### INTRODUCTION

This minor emphasizes the close associations between physical activity, longevity, and disease prevention. It is meant for students interested in health and wellness who wish to enhance their knowledge of exercise science. In conjunction with the student's major, this minor prepares students for careers in personal training and corporate fitness, in addition to entering graduate or professional studies. Students will be prepared to sit for highly recognize certifications in the strength and conditioning industry.

### COURSES

#### **Required**

|          |                                       |
|----------|---------------------------------------|
| HSCI 304 | Nutrition and Health                  |
| HSCI 305 | Concepts in Fitness & Wellness        |
| EXCS 306 | Intro to Exercise Physiology (Spring) |
| EXCS 307 | Introduction to Kinesiology (Fall)    |

### LINK TO MINOR FORM:

<http://www.eastfalls.jefferson.edu/successcenter/inc/pdf/advising/DeclaringaMinor.pdf>