

# EXERCISE SCIENCE - UNDERGRADUATE MINOR

Prefix	Title	Credits
<b>Required Courses</b> <sup>1,2</sup>		
SPMD 2250	Fitness for Health and Sport	3
SPMD 3410	Exercise Physiology	3
SPMD 4350	Exercise Testing and Prescription	3
Select a minimum of 9 credits from the following:		9
SPMD 3450 & 3450L	Biomechanics and Biomechanics Laboratory	
SPMD 3550	Psychology of Sport	
SPMD 3610	Health and Exercise Psychology	
SPMD 3650	Motor Development	
SPMD 3710	Motor Learning	
SPMD 4210	Advanced Exercise Physiology	
SPMD 4410	Exercise for Special Populations	
SPMD 4250 & 4250L	Principles of Strength and Conditioning and Principles of Strength and Conditioning Laboratory	
<b>Total Credits</b>		<b>18</b>

<sup>1</sup> Official minor documentation must be completed with the Department of Kinesiology and Dance. Upon completion of all coursework, final signature approval must be obtained by the Department Head or Kinesiology Program Director.

<sup>2</sup> Many courses above such as SPMD 3410, SPMD 3450, SPMD 3450L, SPMD 3710, SPMD 4210, SPMD 4250, SPMD 4250L, SPMD 4350 and SPMD 4410 all require SPMD 2210 Anatomy and Physiology I as a prerequisite.