

# EXERCISE SCIENCE (MINOR)

Minor: Exercise Science  
Program Code: M104

## About This Minor. . .

Students enrolled in the Exercise Science minor should have a strong interest in fitness, health promotion, and exercise science. Students will explore subject areas that include: anatomy, physiology, kinesiology, applications of physical fitness, and exercise physiology.

## Institutional Minor Requirements

The following institutional requirements apply to all CMU minors. Specific programs may have different requirements that must be met in addition to institutional requirements.

- A minor consists of 15-24 semester hours. There may be prerequisites required for the minor which will increase the total number of credit hours for a student who has not already taken those prerequisites.
- Courses taken to satisfy Essential Learning, major requirements, or electives **can** be counted toward the minor if applicable.
- At least 33 percent of the credit hours required for the minor must be in courses numbered 300 or above.
- At least 25 percent of the classes must be taken at CMU.
- 2.00 cumulative GPA or higher for the courses used for the minor.
- A minor is not a degree by itself and must be earned at the same time as a baccalaureate degree.
- A minor must be outside the major field of study.
- A student may earn up to five minors with any baccalaureate degree at CMU.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements sheet you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

## Program Specific Minor Requirements

(24 semester hours)

Code	Title	Semester Credit Hours
BIOL 209	Human Anatomy and Physiology	3
BIOL 209L	Human Anatomy and Physiology Laboratory	1
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
KINE 297	Practicum	1
KINE 301	Health and Fitness Assessment	3
KINE 303	Physiology of Exercise	3
KINE 303L	Physiology of Exercise Laboratory	1
KINE 309	Anatomical Kinesiology	3
Select two courses from the list below. Courses listed with a lecture and lab are counted as one course.		
KINE 203	Human Nutrition	3-4

KINE 310	Methods of Exercise Instruction	
KINE 370 & 370L	Biomechanics and Biomechanics Laboratory	
KINE 403	Advanced Strength and Conditioning	
KINE 404	Clinical Exercise Physiology and Advanced Exercise Prescription	
KINE 405	Sports Nutrition	
Students must provide a copy of a current First Aid/CPR or take one of the following:		3
KINE 265	First Aid and CPR/AED for the Health Care Provider	
KINE 250	Lifeguard Training	
Total Semester Credit Hours		24-25

## Advising Process and DegreeWorks

Documentation on the pages related to this program is intended for informational purposes to help determine what courses and associated requirements are needed to earn a minor. Meeting with an academic advisor is essential in planning courses and developing a suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended minor.

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a minor. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head for the minor. Discrepancies in requirements should be reported to the Registrar's Office.

## Graduation Process

A minor cannot be awarded by itself. It must be combined with a baccalaureate degree outside the major field of study. Students should follow the graduation process outlined for the baccalaureate degree and list their majors and minors on the "Intent to Graduate" form.

If a student's petition for graduation is denied, it will be her/his responsibility to consult the Registrar's Office regarding next steps.