

# EXERCISE SCIENCE MINOR

---

Transfer students must complete at least 40% of their major course work at Benedictine College to receive a B.A. in Exercise Science, and at least 40% of their minor course work at Benedictine College to receive an Exercise Science minor.

A maximum of one hour of fitness credit may be acquired through varsity sport participation. This applies both to majors and to non-majors.

## Program Requirements

Code	Title	Hours
EXSC-1150	Foundations of Human Movement	2
EXSC-2209	Personal & Community Health	2
EXSC-2210	First Aid & Personal Safety	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
EXSC-2240	Structural Human Anatomy	3-8
or BIOL-2242 & BIOL-2243	Human Anatomy & Physiology I and Human Anatomy & Physiology II	
EXSC-3350	Psychology of Sport & Methods Coaching	2
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC-3366	Physiology of Exercise	3
or EXSC-3380	Kinesiology & Biomechanical Analysis	
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
EXSC-4404	Outdoor Leadership	2
<b>Total Hours</b>		<b>24-29</b>