



2017-2018 PROGRAM REQUIREMENTS Minor: Exercise Science

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.

Advising Process and DegreeWorks

This document 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 fulfil 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.

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 for the Minor in Exercise Science
- 2.00 cumulative GPA or higher in the minor is required

REQUIRED COURSES FOR THE EXERCISE SCIENCE MINOR (24 semester hours)

- BIOL 209 – Human Anatomy & Physiology (3)
- BIOL 209L – Human Anatomy & Physiology Lab (1)
- KINE 213 – Applications of Physical Fitness & Exercise Prescription (3)
- KINE 297 – Practicum (1)
- KINE 301 – Fitness and Health Assessment (3)
- KINE 303 – Physiology of Exercise (3)
- KINE 303L – Physiology of Exercise Lab (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 234 – Prevention and Care of Athletic Injuries (3)

KINE 310 – Methods of Exercise Instruction (3)

KINE 370/370L – Biomechanics (3) with Laboratory (1)

KINE 403 – Advanced Strength and Conditioning (3)

KINE 404 – Clinical Exercise Physiology and Advance Exercise Prescription (3)

KINE 405 – Sports Nutrition (3)

Students must provide a copy of a current First Aid/CPR or take one of the following:

- KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)
- KINE 250 - Lifeguard Training (3)