

# EXERCISE SCIENCE MINOR

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## 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.

## Link to Minor Form

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

## Courses

Code	Title	Credits
<b>Required</b>		
HSCI 304	Nutrition and Health	3
HSCI 305	Concepts in Fitness & Wellnes	3
EXSC 306	Intro to Exercise Physiology (Spring)	3
EXSC 307	Intro to Kinesiology (Fall)	3
<b>Total Credits</b>		<b>12</b>