KINESIOLOGY: EXERCISE PHYSIOLOGY MINOR

Program Director: Polly Sebastian-Schurer, Ed.D.

The Kinesiology minor in Exercise Physiology provides a depth of knowledge to enhance students' chosen major, so they excel in their careers after graduation. The minor offers access to knowledge in a broad range of areas, including whole-body and molecular aspects of cardiovascular physiology, metabolism, aging, health, and disease. Note: The Exercise Physiology minor is not open to declared Kinesiology majors. Minor courses are offered over summer/winter and students may need to utilize these offerings to complete the minor.

Program Learning Outcomes

1. Students will interpret, synthesize, and critically analyze research underlying the kinesiological dimensions of physical activity and health that are specific to exercise physiology.
2. Students will develop principled reasoning skills necessary to apply and extend kinesiology knowledge to address problems that are relevant to physical activity and the health of diverse populations in relation to exercise physiology.
3. Students will integrate, interrogate, and communicate the connection between the scholarship of kinesiology and the goals of public health in relation to exercise physiology.
4. Students will engage in physical activities both within their formal curriculum with the goal of asserting the importance of lifelong physical activity.
5. Students will integrate their physical activity experiences with kinesiology sub-disciplinary knowledge of exercise physiology.

REQUIREMENTS

At least nine credits must be at the 300 or 400 level. Please note that many of the upper-level courses have prerequisites. Students should have completed MATH113 or higher, or have a minimum eligibility for MATH120, in order to take any necessary prerequisite courses for this minor.

Course	Title	Credits
KNES1XX	(Physical Activity Course)	1-2
Choose five of the following:		15
KNES260	Science of Physical Activity and Cardiovascular Health	
KNES282	Basic Care and Prevention of Athletic Injuries	
KNES289	Topical Investigations (KNES289F Foundations of Food, Physical Activity, & Health)	
KNES320	Physiological Basis of Physical Activity and Human Health	
KNES332	Exercise Testing & Prescription for Fitness Professionals	
KNES350	The Psychology of Sports & Exercise	
KNES360	Physiology of Exercise	
KNES445	Exercise and Brain Health	
KNES460	Physiology of Aging and the Impact of Physical Activity	
KNES464	Exercise Metabolism: Role in Health and Disease	
KNES465	Physical Activity and Disease Prevention and Treatment	
Total Credits		**16-17**