Exercise Science, Minor

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment, students are exposed to a wide range of engaged learning experiences as well as research opportunities designed to develop essential skills necessary to be successful in a variety of major related fields.

Matriculation Requirements

1. Admitted to a bachelor degree program at UVU.

Program Requirements

Code	Title	Credit Hours
Discipline Core Requirements		**24 Credits**
EXSC 270G	Foundations of Exercise Science GI	3
EXSC 3270	Exercise Testing and Prescription	3
EXSC 3500	Kinesiology	3
EXSC 3700	Exercise Physiology	3
EXSC 3705	Exercise Physiology Laboratory	1
ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Laboratory	1
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
Complete one of the following:		3
EXSC 3550	Motor Learning and Control WE (3)	
EXSC 3750	Psychosocial Aspects of Human Performance (3)	
EXSC 4000	Clinical Exercise Physiology (3)	
EXSC 4100	Physiology of Aging (3)	
EXSC 4500	Advanced Sports Nutrition (3)	
EXSC 4550	Principles of Strength and Conditioning (3)	

Graduation Requirements

Must complete these 24 credits in addition to the credit requirements for the students' choice of major.

Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in Wolverine Track (http://www.uvu.edu/wolverinetrack/).

First Year		
Semester 1		**Credit Hours**
ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Laboratory	1
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
	Credit Hours	**8**
Semester 2		
EXSC 270G	Foundations of Exercise Science GI	3
EXSC 3270	Exercise Testing and Prescription	3
	Credit Hours	**6**
Second Year		
Semester 3		
EXSC 3700	Exercise Physiology	3
EXSC 3705	Exercise Physiology Laboratory	1
	Credit Hours	**4**

Semester 4		
EXSC 3500	Kinesiology	3
Complete one of the following:		3
EXSC 3550	Motor Learning and Control WE	
EXSC 3750	Psychosocial Aspects of Human Performance	
EXSC 4000	Clinical Exercise Physiology	
EXSC 4100	Physiology of Aging	
EXSC 4500	Advanced Sports Nutrition	
EXSC 4550	Principles of Strength and Conditioning	
	Credit Hours	**6**
	Total Credit Hours	**24**

Program Learning Outcomes

1. Enhance critical thinking and problem solving skills
2. Develop skills that support professional competencies through undergraduate research, service learning, and internship opportunities
3. Prepare students to successfully apply obtained knowledge and skills within their chosen profession