

EXERCISE SCIENCE MINOR

HHP 4585	Applied Exercise Science	5
Section Credits Required		36
Total Credits		36

Program Description

The Exercise Science minor is for students who intend to use the knowledge and information learned in this program not only to enhance their current major, but also to help prepare for possible future graduate studies in health-related or movement-related fields.

A minor in Exercise Science provides you with an understanding of the human body — including anatomy, biomechanics, and physiology. It is an ideal minor to complement your Health and Fitness major, an SPU applied science major, or any major SPU offers.

Entering and Completing the Minor

In order to earn a degree, you must complete at least one academic major. SPU encourages students to explore various academic paths, so if you change your mind about a major, or want to include an additional program, you are able to do so, as outlined below.

Note that the University encourages you to enter your chosen major(s) as soon as you have determined it and are eligible to join it, especially by the start of your junior year. Students who transfer as juniors and seniors should enter a major within their first two quarters at SPU.

- If this is your first quarter at SPU and you identified a major in this department as your first choice on your application for admission to the University, you have gained entry to the major. To change or add a major, follow these instructions (<https://spu.atlassian.net/l/cp/a3th1keb/>).
- If you are an SPU student with an SPU cumulative GPA of 2.0 or better, follow these instructions (<https://spu.atlassian.net/l/cp/a3th1keb/>) to enter a major in this department.
- The University requires a grade of C- or better in all classes that apply to a major; however, programs may require higher minimum grades in specific courses. You may repeat an SPU course only once for a higher grade.
- To advance in this program, meet with your faculty advisor regularly to discuss your grades, course progression, and other indicators of satisfactory academic progress. If your grades or other factors indicate that you may not be able to successfully complete the major or minor, your faculty advisor can work with you to explore options, which may include choosing a different major.
- You must complete the major requirements that are in effect in the SPU Undergraduate Catalog for the year you enter the major.

Exercise Science Minor

36 Credits Minimum, Including 15 Upper Division (UD)

Code	Title	Credits
Exercise Science Minor Course Requirements		
BIO 2129	Human Anatomy and Physiology	5
BIO 2130	Human Anatomy and Physiology	5
HHP 1301	Wellness and Physical Activity	3
HHP 2128	Functional Anatomy	3
HHP 3560	Psychological Aspects of Sport Team Development	5
HHP 3570	Biomechanics	5
HHP 3580	Exercise Physiology	5