

## **Secondary Field of Study in Exercise Science**

### **Exercise Science**

EXSC 103 (3)	Professional Foundations of Exercise & Sport Science
EXSC 107 (3)	Personal Health and Wellness (EXSC majors only)
EXSC 154 (4)	Applied Anatomy & Physiology I and Lab
EXSC 151 (3)	Kinesiology
EXSC 152 (4)	Physiology of Exercise
EXSC 109 (4)	Fitness Testing and Prescription

**Total: 21 credit hours**

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### **Health and Fitness**

EXSC 109 (4)	Fitness Testing and Prescription
EXSC 101 (3)	Developing Health and Fitness Programs
EXSC 107 (3)	Personal Health and Wellness (EXSC majors only)
EXSC 138 (3)	Administration of Health and Fitness Programs
EXSC 134 (3)	Sport and Nutrition
Choice of 3 credits from EXSC courses	

**Total: 19 credit hours**

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### **Coaching**

EXSC 050 (2)	Emergency Procedures and Safety Skills
EXSC 139 (3)	Principles of Coaching
EXSC 101 (3)	Kinesiological and Physiological Foundations of Coaching
EXSC 101 (2)	Technical Analysis of Sport
EXSC 175 (2)	Internship
Choice of 6 credits from EXSC courses	

**Total: 18 credit hours**