

EXERCISE AND HEALTH SCIENCE MINOR

20 credits required

Code	Title	Hours
EXHS 111	Introduction to Exercise and Health Science	4
EXHS (300-Level)		8
EXHS XXX		0
8 credits from the following ¹		8
EXHS 203	Coaching Methods	
EXHS 204	Sport Nutrition	
EXHS 210	Functional Human Anatomy	
EXHS 211	Exercise Science Laboratory Skills	
EXHS 220	Sport Identity	
EXHS 230	Sports Injury Management I	
EXHS 231	Sports Injury Management II	
EXHS 271	Independent study	
EXHS 302	Clinical Healthcare: Theory and Application	
EXHS 303	Physical Activity Epidemiology	
EXHS 306	Biomechanics	
EXHS 308	Exercise Physiology	
EXHS 310	Principles of Strength Training and Conditioning	
EXHS 323	Sport in a Diverse Society	
EXHS 324	Sports and Exercise Psychology	
EXHS 371	Independent Study	
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	
EXHS 379B	Research Methods in Exercise and Health Science - Social World	
EXHS 390	Sport Ethics	
EXHS 394	Research Design	
EXHS 395	Research Seminar I	
EXHS 396	Research Seminar II	
EXHS 397	Internship	
BIOL 325	Human Anatomy and Physiology I	
Total Hours		20

¹ BIOL 325 Human Anatomy and Physiology I may be applied as four elective credits; no other non-EXHS courses may be applied toward the minor.

Graduation Requirements:

In addition to the Integrations Curriculum, all undergraduate students must meet the following minimum degree requirements to earn their degree from CSB and SJU.

Credits: 124 total credits, 40 of which must be from upper division coursework

GPA: 2.0 or higher*

Residency: At least 24 of your last 32 credits must be completed at CSB/SJU

Please visit Graduation (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/graduation/>) under the Academic Policies and Regulations (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/>) portion of the catalog for additional details regarding degree requirements.

* *Cumulative GPA as well as major(s)/minor(s) GPA. Please note some majors/minors may require a higher GPA to earn their degree.*

Additional Requirements:

General Education Requirements:

All undergraduate students must complete the requirements of the Integrations Curriculum (IC) which is designed to ensure all of our students receive a liberal arts education. Please review details of the Integrations Curriculum (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>) requirements here (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>).