KEAN

Program Title: Minor in Exercise Science (21046)

Department Offering Program: Department of Health and Human Performance
College of Health Professions and Human Services

Catalog Description: The Exercise Science minor provides students with substantial insight into the acute and chronic physiological responses to exercise, sport, and physical fitness. Students will apply this knowledge to develop expertise in designing and supervising comprehensive physical fitness programs for the healthy and those with controlled diseases in non-clinical settings. This program will provide opportunities for field experiences and professional certifications. These opportunities will enhance professional qualifications for job opportunities in allied health professions, physical education, business, health education, recreation, and many other disciplines.

Program Objectives

1. Conduct and interpret assessments for all fitness parameters for healthy participants and those with controlled disease.

2. Implement exercise prescriptions critically analyzing theories of training.

3. Appraise health behaviors and apply motivational strategies for health promotion.

4. Create and administrate injury prevention and health promotion programs for corporate, community, and commercial fitness and wellness facilities to reduce member, employee, and business risk.

5. Apply leadership and organizational management skills to promote health behaviors in culturally diverse organizations.

Students with a minor in **Exercise Science** are required to complete 15 credits for the minor. Four core courses (10 credit hours) and three-five additional courses from designated electives (5 credit hours) will be required for completion of the minor program.

The minor requires that students must maintain an overall GPA of 2.0 and a 2.5 GPA in the required courses taken for the minor. No class substitutions will be approved.

For More Information Contact:

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College of Health Professions and Human Services
Department of Health and Human Performance

Minor in Exercise Science

Minor Code: 21046 ▪ Total of 15 credits

Name: _____ Graduation Date: _____
Kean ID#: _____ Major: _____

Required Courses ▪ 10 Credits 2.5 GPA is required				
Required Courses (4)	**Course Name**	**Credit Hours**	**Semester/Year**	**Grade**
EXSC 3510	Physiology of Exercise*	3		
EXSC 3511	Physiology of Exercise Lab	1		
EXSC 3612	Principles of Personal & Group Training**	3		
EXSC 3617	Group and Personal Training Lab	3		
Additional Courses ▪ 5 Credits (Choose any combination)				
Required Courses (3-5)	**Course Name**	**Credit Hours**	**Semester/Year**	**Grade**
EXSC 1025	Animal Flow®**	1		
EXSC 1023	Yoga I	1		
EXSC 1108	Pilates I	1		
EXSC 1109	Zumba® Fitness	1		
EXSC 1130	Group Fitness	1		
EXSC 3109	The Zumba ® Fitness Program**	3		
AT 3500	Care and Prevention of Athletic Injuries	3		
HLTH 3515	Wellness	3		
EXSC 3601	Nutrition for Fitness and Wellness	3		
EXSC 4625	Organization/Administration of Exercise Science Programs	3		
EXSC 4626	Prescriptive Exercise	3		
EXSC 4629	Exercise Testing and Interpretation**	3		

*Anatomy and Physiology is recommended but not required for EXSC 3510
**Certification course

Minor Program Approved by: _____ Date: _____
Advisor Signature

Program Coordinator Signature: _____ Date: _____