

# KINESIOLOGY DEPARTMENT

Exercise Science Minor  
As of Fall 2021

Minor requirements: 21 semester hours. At least 9 semester hours must be taken at Aquinas. This minor is designed for students interested in training or coaching. Only courses with a grade of C- or better will count toward the minor

## AQUINAS REQUIREMENTS

|       |  |     |
|-------|--|-----|
| _____ | KN108 Weight Training                                | 1.0 |
| _____ | KN109 Aerobic Fitness                                | 1.0 |
| _____ | KN 158 Emergency Medical Response<br>(First Aid/CPR) | 3.0 |
| _____ | KN 200 Surface Anatomy                               | 2.0 |
| _____ | KN 250 Physiology of Exercise                        | 4.0 |
| _____ | KN 251 Nutrition for Sport Performance               | 3.0 |
| _____ | KN 256 Kinesiology                                   | 4.0 |
| _____ | KN 404 Conditioning                                  | 2.0 |
| _____ | KN 405 Conditioning II: Designing Progs.             | 2.0 |
| _____ | KN 406 Exercise Testing & Prescription               | 3.0 |

## TRANSFER REQUIREMENTS

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|   |       |
|---|-------|
| WE 141  | _____ |
| or 155 Beginning Weight Training                  | _____ |
| WE 125 Aerobic Conditioning Program               | _____ |
| WE 156 CPR/AED/First Aid for Professional Rescuer | _____ |
| _____   | _____ |
| _____   | _____ |
| GH 200 General Nutrition                          | _____ |
| _____   | _____ |
| _____   | _____ |
| _____   | _____ |

### Recommended Course for General Education:

|       |  |     |       |   |
|-------|--|-----|-------|---|
| _____ | BY 150 Human Biology, BY155/156<br>Anatomy & Physiology I and II, OR BY171<br>Intro to Cells 4 | 4.0 | _____ | BI 117 General Human Anatomy and Physiology |
|-------|--|-----|-------|---|

### Other Recommended Course:

|       |  |     |       |       |
|-------|--|-----|-------|-------|
| _____ | KN 256 Anatomical/Biomechanical<br>Kinesiology | 4.0 | _____ | _____ |
|-------|--|-----|-------|-------|

Please Note: Aquinas College reserves the right to change, modify, or amend the above-stated requirements and/or courses its sole discretion and without prior notice.