

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 (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

<u>PEA 103 WEIGHT TRAINING</u>
<u>PEA 201 AEROBIC MOVEMENT FOR FITNESS</u>
<u>HE 100A COMMUNITY FIRST AID AND SAFETY</u>
<u>HE 102 NUTRITION FOR FITNESS AND SPORT</u>
<u>PEP 200 Essentials of Personal Training</u>

Recommended Course for General Education:

_____	BY 150 Human Biology, BY155/156 Anatomy & Physiology I and II, OR BY171 Intro to Cells 4	4.0
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<u>BIOL 105 Anatomy and Physiology I & BIOL 106 Anatomy and Physiology II</u>

Other Recommended Course:

_____	KN 256 Anatomical/Biomechanical Kinesiology	4.0
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Please Note: Aquinas College reserves the right to change, modify, or amend the above-stated requirements and/or courses at its sole discretion and without prior notice.