

Exercise & Sport Studies Minor

Course #	Course Name	Grade	Credit
ESS46-192	Foundations of Exercise & Sports Studies		

Select one course from the following:

KIN48-254	Anatomy & Physiology I		
KIN48-274	Fundamentals of Movement Analysis		
KIN48-314	Research Methods in Kinesiology		
KIN48-404	Health and Fitness Concepts		
KIN48-424	Motor Learning and Motor Control		
KIN48-704	Physiology of Exercise		
KIN48-714	Biomechanics		
KIN48-744	Nutrition for Human Performance & Health		
KIN48-764	Exercise Prescription		

Select eight upper level credits in ESS:

Select four additional upper level KIN or ESS credits:

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Select one additional FRA (must be different from the two taken in the Gen Ed section):

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Rules of the minor:

Minimum 18 credits _____

Minimum of 12 credits taken at Southwestern _____

Minimum 2.0 minor courses CGPA _____

Please note that courses cannot be shared with other minors.

Courses may be shared with a major in certain circumstances. Please contact the Registrar's Office for more information.