

Exercise & Sport Studies Minor 2019-2021

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 Exercise & Sports Studies:

Select four additional upper level Kinesiology or Exercise & Sports Studies credits:

--	--	--	--

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

--	--	--	--

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.