

Student name:

Exercise and Sports Studies minor (2021-2023)

Course	Course Name	Grade	Credit
ESS46-192	Foundations of Exercise & Sports Studies	_____	_____
<i>Select one course from the following:</i>			
KIN48-123/121	Intro to Human Anatomy & Physiology/Lab	_____	_____
KIN48-134	Health and Fitness Concepts	_____	_____
KIN48-214	Research Methods in Kinesiology	_____	_____
KIN48-274	Fundamentals of Movement Analysis	_____	_____
<i>Select one course from the following:</i>			
KIN48-244	Stress Management	_____	_____
KIN48-324	Motor Learning and Motor Control	_____	_____
KIN48-334	Physiology of Exercise	_____	_____
KIN48-344	Biomechanics	_____	_____
KIN48-424	Health Promotion & Programming	_____	_____
KIN48-444	Exercise Prescription	_____	_____
KIN48-464	Nutrition Physiology	_____	_____
KIN48-474	Muscle Physiology	_____	_____
<i>Select four additional upper level credits in Kinesiology:</i>			

<i>Select eight upper level credits in Exercise & Sports Studies:</i>			

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

Total number of credits counting in the minor (minimum of 18 credits):

Rules of the minor:

A minimum of 12 credits must be taken at Southwestern.

A minimum of 2.000 GPA required.

Please note that only 5 credits from this minor may be shared with other minors.

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