OVERVIEW
The Minor in Exercise Science from Loyola’s Marcella Niehoff School of Nursing prepares students for enhanced careers in the growing fields of allied health, wellness, and fitness. Students develop skills in evaluating health behaviors and risk factors, conducting fitness assessments, designing exercise prescriptions, and motivating others to live healthier lives.

MINOR COURSE SEQUENCE
The Exercise Science minor requires the completion of 17 credit hours comprised of the following curriculum:

Required EXCM Courses (10 credit hours)
EXCM 101 Introduction to Exercise Physiology
EXCM 201 Physiology of Exercise
EXCM 301 Advanced Physiology of Exercise

Required EXCM Choices (7 credit hours)
Group A (3 credit hours – choose one):
EXCM 390 Psychology of Health and Exercise
EXCM 342 Physical Growth, Development, & Nutrition

Group B (4 credit hours – choose one):
EXCM 364 Intro to Clinical Exercise Testing and Prescription with lab
EXCM 352 Musculoskeletal Assessment and Strength Training with lab

QUESTIONS AND ADVISING
Registration for the fall 2015 semester begins on Monday, April 13th. For advising, to declare the Exercise Science minor, or with any questions, contact Academic Advisor Cathleen Wolff at cwolff2@luc.edu or 773-508-3264.

Learn more at LUC.edu/nursing/exercise/minor/.