

# PARKINSON SCHOOL OF HEALTH SCIENCES AND PUBLIC HEALTH

## EXERCISE SCIENCE MINOR

The Minor in Exercise Science from Loyola's Parkinson School of Health Sciences and Public Health 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
- Motivating others to live healthier lives

The Exercise Science minor requires the completion of 17 credit hours comprised of the following:

**CURRICULUM** Three courses (10 credit hours) are required and two courses (7 credit hours) are to be selected from the choice list.

### REQUIRED EXCM COURSES (10 CREDIT HOURS)

EXCM 101	Introduction to Exercise Physiology
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EXCM 201	Physiology of Exercise
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EXCM 301	Advanced Physiology of Exercise
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### REQUIRED EXCM CHOICES (7 CREDIT HOURS)

#### GROUP A (3 credit hours – choose one)

EXCM 390	Psychology of Health and Exercise
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EXCM 342	Physical Growth, Development, & Nutrition
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#### GROUP B (4 credit hours – choose one)

EXCM 364	Intro to Clinical Exercise Testing and Prescription with lab
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EXCM 352	Musculoskeletal Assessment and Strength Training with lab
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### LEARN MORE

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