

# 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
- Identifying the essentials of sports nutrition

The Exercise Science minor requires the completion of a minimum of 16 credit hours comprised of the following:

**CURRICULUM** Three courses (10 credit hours) are required and two courses (6 - 7 credit hours) are to be selected from the choice list.

**Important:** Additional courses may be required in order to complete this minor. Please review all prerequisites listed on LOCUS and consult your Academic Advisor.

### 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 342	Sports Nutrition
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### ELECTIVE EXCM CHOICES (6 CREDIT HOURS)

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

EXCM 364	Intro to Clinical Exercise Testing and Prescription with lab
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EXCM 390	Psychology of Health and Exercise
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#### GROUP B (3 - 4 credit hours – choose one)

EXCM 345	Therapeutic Exercise
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EXCM 385	Kinesiology and Sports Biomechanics
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### LEARN MORE

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