Exercise Science Minor

Contact
Chair, Department of Health Sciences and Kinesiology
Hollis Building, Room 2115
(912) 478-0200

The Exercise Science Minor is open to any student interested in exercise science. Students can choose between two emphases: exercise behavior or coaching behavior.

Prerequisites

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>KINS 2511</td>
<td>Human Anatomy and Physiology I Laboratory</td>
<td>1</td>
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<tr>
<td>KINS 2512</td>
<td>Human Anatomy and Physiology II Laboratory</td>
<td>1</td>
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<tr>
<td>KINS 2531</td>
<td>Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>KINS 2532</td>
<td>Human Anatomy and Physiology II</td>
<td>3</td>
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<tr>
<td>PHYS 1111K</td>
<td>Introductory Physics I</td>
<td>4</td>
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<tr>
<td>PSYC 1101</td>
<td>Introduction to Psychology</td>
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Minor Program

OPTION 1 - Exercise Behavior Emphasis

Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>KINS 3132</td>
<td>Foundations of Exercise and Sport Psychology</td>
<td>3</td>
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<tr>
<td>KINS 3541</td>
<td>Structural Kinesiology</td>
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<td>KINS 3542</td>
<td>Physiological Aspects of Exercise</td>
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<td>KINS 3543</td>
<td>Biomechanical Analysis of Movement</td>
<td>4</td>
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<td>KINS 3230</td>
<td>Motor Control, Coordination, and Skill</td>
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<td></td>
<td>or KINS 4231 Fitness Evaluation and Exercise Prescription</td>
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OPTION 2 - Coaching Behavior Emphasis

Requirements

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<tbody>
<tr>
<td>KINS 3430</td>
<td>Principles of Coaching</td>
<td>3</td>
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<tr>
<td>KINS 3431</td>
<td>Psychology of Coaching</td>
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<td>KINS 4420</td>
<td>Sport Conditioning Laboratory</td>
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<td>KINS 4730</td>
<td>Coaching Practicum</td>
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<td>Select two of the following:</td>
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<tr>
<td>KINS 3426</td>
<td>Coaching Baseball and Softball</td>
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<tr>
<td>KINS 3427</td>
<td>Coaching Basketball</td>
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<td>KINS 3428</td>
<td>Coaching Football</td>
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<td>KINS 3429</td>
<td>Coaching Olympic Sports</td>
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<td>KINS 4421</td>
<td>Principles of Officiating</td>
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