

# ACADEMIC MAP

## Exercise Science Minor



**FAIRMONT STATE UNIVERSITY™**

College of Education, Health & Human Performance

### Minor in Exercise Science

The Exercise Science minor (21 credit hours) will equip a student with a fundamental understanding of the science and physiology of exercise and physical activity and the bodies acute and chronic responses. This in conjunction with a health-related major will prepare the graduate for the field of public health.

First Semester	
COURSE	CREDIT HOURS
PHED 1121 Intro Seminar in Human Movement	2
<b>Total</b>	<b>2</b>

Second Semester	
COURSE	CREDIT HOURS
PHED 2211 Anatomy & Physiology ('C' required)	4
<b>Total</b>	<b>4</b>

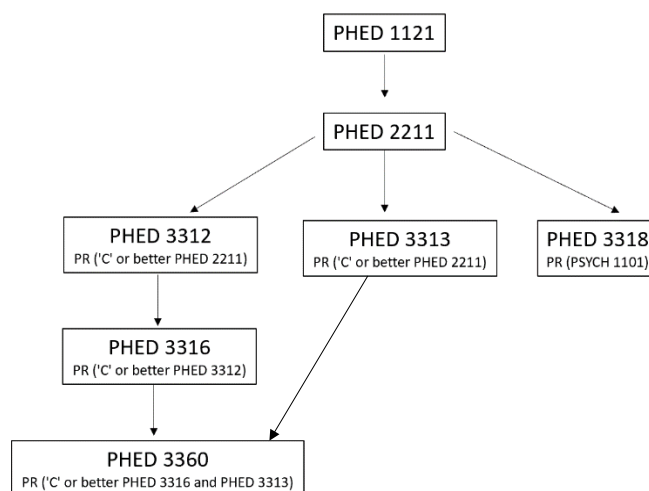
Third Semester	
COURSE	CREDIT HOURS
PHED 3312 Physiology of Exercise ('C' required)	3
PHED 3313 Biomechanics ('C' required)	3
<b>Total</b>	<b>6</b>

Fourth Semester	
COURSE	CREDIT HOURS
PHED 3316 Fitness Assessment	3
PHED 3318 Sport Social Psychology	3
<b>Total</b>	<b>6</b>

Fifth Semester	
COURSE	CREDIT HOURS
PHED 3360 Strength & Conditioning	3
<b>Total</b>	<b>3</b>

### Prerequisite flow of courses

Many of the courses in the Exercise Science minor have prerequisite. A 'C' or better must be earned in all prerequisite courses. See the flow chart below.



### CONTACT INFORMATION:

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### COURSE OFFERINGS BY SEMESTER

Fall	Winter	Spring	Summer
PHED 1121	PHED 1121 (As Needed)	PHED 1121	PHED 1121 (As Needed)
PHED 2211		PHED 2211	PHED 3318 (As Needed)
PHED 3312 PR ('C' or better PHED 2211)		PHED 3312 PR ('C' or better PHED 2211)	
PHED 3313 PR ('C' or better PHED 2211)		PHED 3313 PR ('C' or better PHED 2211)	
PHED 3316 PR ('C' or better in PHED 3312)		PHED 3316 PR ('C' or better in PHED 3312)	
PHED 3318 PR (PSYCH 1101)		PHED 3318 PR (PSYCH 1101)	
PHED 3360 PR ('C' or better in PHED 3313)		PHED 3360 PR ('C' or better in PHED 3313 & PHED 3316)	

Note: This is a suggested course sequence and is meant to be a guide. Check the Undergraduate Catalog for entrance year to Fairmont State to learn more about the graduation requirements for this minor. July 3, 2021, 2:00pm

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