

EXERCISE AND SPORTS STUDIES

Exercise and Sport Studies Minor (17 Credit Hours)

The Exercise & Sports Studies (ESS) minor is designed to prepare students with the necessary knowledge, skills and abilities in the fields of strength & conditioning, fitness, and human performance. For students hoping to pursue a career in the allied health professions, competitive sports and athletics, or personal training, the ESS minor provides the fundamental preparation needed to work with physically active populations.

Required Courses

Code	Title	Credits
ESS-101	Introduction to Exercise and Sports Studies	3
ESS-201	Principles of First Aid in Athletic Injury	3
ESS-301	Fitness Eval & Exercise Prescription	3
ESS-270	Exercise and Sports Studies Practicum	3
DTC-328	Nutrition for Fitness & Athletic Performance	2
SOC-312	Sociology of Sports and Phys Activity	3
or ESS-410	Strength & Conditioning Seminar	
Total Credits		17