



**Minor in Exercise Science
Department of Kinesiology and Health Studies
Southeastern Louisiana University**

The minor in Exercise Science is open to all undergraduate students at Southeastern. All courses are offered on a regular basis at least twice a year.

For more information, contact
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Courses required are:

KIN 321: Motor Learning
KIN 372: Biomechanics
KIN 392: Exercise Physiology
KIN 434: Fitness Testing and Prescription

One course selected from:

KIN 326: Strength Development and Conditioning Programs
KIN 434: Clinical Aspects of Exercise Testing and Prescription

One course selected from:

KIN 365: Behavioral Aspects of Physical Activity
KIN 436: Psychosocial Dimensions of Physical Activity