

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

Related Programs

Major

- Exercise Science (BS) (<https://catalog.luc.edu/undergraduate/health-sciences-public-health/exercise-science-bs/>)

Minor

- Nutrition Minor (<https://catalog.luc.edu/undergraduate/health-sciences-public-health/nutrition-minor/>)

Curriculum

The Exercise Science minor requires the completion of a minimum of 16 credit hours comprised of the following: Three courses (10 credit hours) are required and two courses (6 - 7 credit hours) are to be selected from the choice list.

Code	Title	Hours
EXCM 101	Introduction to Exercise Physiology	3
EXCM 201	Physiology of Exercise	3
EXCM 201L	Physiology of Exercise Laboratory	1
EXCM 342	Physical Growth, Development and Nutrition	3
EXCM 364 or EXCM 390	Intro to Clinical Exercise Testing and Prescription Psychology of Health and Exercise	3
EXCM 345 or EXCM 385	Therapeutic Exercise and Rehabilitation Kinesiology and Sports Biomechanics w/Lab	3
EXCM 375 or EXCM 210	Special Populations in Exercise Science Program Design in Exercise	2
Total Hours		18

Suggested Sequence of Courses

Course	Title	Hours
Junior		
Fall		
EXCM 101	Introduction to Exercise Physiology	3
EXCM 342	Physical Growth, Development and Nutrition	3
	Hours	6
Spring		
EXCM 201	Physiology of Exercise	3
EXCM 201L	Physiology of Exercise Laboratory	1

EXCM 364 or EXCM 390	Intro to Clinical Exercise Testing and Prescription or Psychology of Health and Exercise	3
	Hours	7
Senior		
Fall		
EXCM 345 or EXCM 385	Therapeutic Exercise and Rehabilitation or Kinesiology and Sports Biomechanics w/Lab	3
	Hours	3
Spring		
EXCM 375 or EXCM 210	Special Populations in Exercise Science or Program Design in Exercise	2
	Hours	2
	Total Hours	18

Undergraduate Policies and Procedures

Please see Undergraduate Policies and Procedures (<https://catalog.luc.edu/academic-standards-regulations/undergraduate/>) for academic policies that supersede those of academic units within the University.

Learning Outcomes

- Develop a foundational understanding of human movement and health
- Examine the role of exercise in promoting wellness and performance
- Discover opportunities in applied health sciences and wellness fields