### Exercise & Sport Studies Minor

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Grade</th>
<th>Credit</th>
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<tbody>
<tr>
<td>ESS46-192</td>
<td>Foundations of Exercise &amp; Sports Studies</td>
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</tbody>
</table>

Select one course from the following:

- KIN48-254 Anatomy & Physiology I
- KIN48-274 Fundamentals of Movement Analysis
- KIN48-314 Research Methods in Kinesiology
- KIN48-404 Health and Fitness Concepts
- KIN48-424 Motor Learning and Motor Control
- KIN48-704 Physiology of Exercise
- KIN48-714 Biomechanics
- KIN48-744 Nutrition for Human Performance & Health
- KIN48-764 Exercise Prescription

Select eight upper level credits in ESS:

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Select four additional upper level KIN or ESS credits:

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Select one additional FRA (must be different from the two taken in the Gen Ed section):

- 0

### Rules of the minor:

- Minimum 18 credits
- Minimum of 12 credits taken at Southwestern
- Minimum 2.0 minor courses CGPA

*Please note that courses cannot be shared with other minors.*

*Courses may be shared with a major in certain circumstances. Please contact the Registrar’s Office for more information.*