Exercise & Sport Studies Minor 2019-2021

<table>
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<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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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 Exercise & Sports Studies:

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Select four additional upper level Kinesiology or Exercise & Sports Studies credits:

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

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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.