

## EXERCISE SCIENCE MINOR (18 hours)

The Exercise Science minor is administered by the Health, Human Performance and Sport Department.

### Facts about the Program

#### Degrees Offered:

- B.A.
- B.S.

#### Faculty:

- Ralph Barclay, Ed.D. (Emeritus)
- Donovan Conley, Ed.D.
- Barb Engebretsen, Ph.D.
- Tammy Evetovich, Ph.D.
- Cameron Geisert, M.S.E.
- Kevin Hill, Ed.D.
- Kristi Hinnerichs, M.S.E., ATC/L, CSCS
- Jeff Meyer, M.S.E.

### Program Description

This minor is intended to give students in pre-professional, education, or sports management majors additional specialization in exercise science. A grade of B or better must be earned in PED 470. A minor must include a minimum of 12 hours unduplicated by the student's major(s).

#### Required Core: 15-17 hours

- PED 105/205 (or BIO 220/340) Hum Anat & Phys..... 6-8
- 305 Exercise Physiology.....3
- 351 Biomechanics.....3
- 470 Fitness Evaluation and Assessment .....3

Choose at least 1 course from the following: 2-3 credits minimum to total at least 18 hours.

- FCS 450 Nutritional Counseling and Assessment (3)
- PED 207 Athletic Performance and Nutrition (3)
- 275 Prevention & Care of Athletic Injuries (3)
- 310 Leadership Development in Nutrition & Stress Management (3)
- 357 Principles of Strength and Conditioning (3)
- 379 Wellness Practicum (2-4)
- 389 Sports Medicine Practicum (2)
- 400 Cardiac Rehabilitation (3)
- 471 Tests and Measurements (3)

### Career Opportunities

- Cardiac Rehab
- Community Wellness
- Corporate Wellness Supervisor
- Personal Trainer
- Physical Therapy
- Private Club Wellness Director
- Sport Nutrition
- Sport Psychology
- Sports Medicine

### Scholarships and Financial Aid

Wayne State College is committed to providing a quality, affordable education for its students. There are several types of financial assistance available for Wayne State students, including grants, loans, work-study and scholarships. The aid packages are composed of money from Pell grants, SEOG grants, SSIG grants, Perkins loans, Stafford student loans, PLUS loans and a variety of scholarships. Contact the Financial Aid Office at (402) 375-7230 for further information.

### For more information contact:

Dr. Tammy Evetovich  
 Health, Human Performance and Sport Department  
 Wayne State College  
 Wayne, NE 68787  
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 E-mail: taeveto1@wsc.edu  
 www.wsc.edu

# Academic Fact Sheet - Wayne State College

## EXERCISE SCIENCE MINOR (18 Hours)

### FRESHMAN YEAR

### SOPHOMORE YEAR

PED	105 Anatomy & Physiology I &	3
	205 Anatomy & Physiology II OR	3
BIO	220 Human Anatomy &	4
	340 Human Physiology	4

### JUNIOR YEAR

PED	305 Exercise Physiology OR	
	351 Biomechanics	
PED	Choose one: (2-3 credits to total at least 18 hours)	
	207 Athletic Performance & Nutrition	3
	275 Prevention & Care of Athletic Injuries	3
	310 Professional Leadership Development	3
	357 Principles of Strength & Conditioning	3
	379 Wellness Practicum	2-4
	389 Sports Medicine Practicum	2
	(prerequisite PED 351 Biomechanics)	
	400 Cardiac Rehab	3
	471 Tests & Measurements	3

### SENIOR YEAR

PED	470 Fitness Evaluation & Assessment	3
FCS	450 Nutritional Counseling & Assessment	3

- \* *offered fall semester only*
- \*\* *offered spring semester only*
- \*\*\* *offered every 3rd semester*
- \*\*\*\* *offered every 4th semester*