From traditional sports to at-home strength and aerobic workouts, people are taking their physical well-being seriously. Through coursework in the exercise science minor, you’ll explore how the human body moves and responds to exercise and training. You’ll participate in lab experiences and work with others to help them achieve fitness for health and performance. A minor in exercise science can open the doors to graduate programs and professional school, including physical and occupational therapy, medicine, and other health occupations. It can also provide the specialization you might need for careers in physical fitness and performance, psychology, and sport management.

**Required courses**

A minor must include a minimum of 12 hours unduplicated by your major(s) and minor(s).

- PED 105 Anatomy and Physiology I (3) and PED 205 Anatomy and Physiology II (3) or BIO 220 Human Anatomy (4) and BIO 340 Human Physiology (4) ..........................6-8
- PED 305 Exercise Physiology ..........................................................3
- PED 351 Biomechanics .................................................................3
- PED 470 Fitness Evaluation and Assessment ........................................3

Choose at least one of the following:

- FCS 407 Nutritional Counseling and Assessment ..................................3
- PED 207 Athletic Performance and Nutrition .........................................3
- PED 275 Prevention and Care of Athletic Injuries ..................................3
- PED 310 Professional and Leadership Development in Exercise Science ....3
- PED 357 Principles of Strength and Conditioning ..................................3
- PED 400 Cardiac Rehabilitation .........................................................3
- PED 471 Tests and Measurements ......................................................3
- PED 472 Wellness Practicum I ............................................................2
- PED 473 Wellness Practicum II ............................................................2

**Skills learned**

- Knowledge of body structure and function
- Fitness appraisal and injury evaluation
- Body testing and measurement
- Exercise physiology
- Research and data analysis
- Kinesiology / biomechanics
- Strength and conditioning

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**exercise science faculty**

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**FAST FACTS**

- **Credit hours**: 18
- **Department**: Health, Human Performance, and Sport
- **School**: Natural and Social Sciences
- **Popular pairings**: Applied Human and Sport Physiology, Foods and Nutrition, Pre-Athletic Training, Pre-Chiropractic, Pre-Occupational Therapy, Pre-Physical Therapy