

Enhance your major with a minor focused on exercise!

Exercise Science Minor

▶ **Add substance to** complement your major & increase your skill set!

▶ **Competitive edge**—exercise knowledge is relevant to many careers.

▶ **Follow your passion**—learn more about how exercise impacts health.

Medicine, biology, health care policy & promotion, engineering, issues in anthropology & sociology, nutrition, & behavioral health all impact a person's physical health & fitness level. You may be studying one of these fields.

An exercise science minor will help you know how your field impacts a person's physical fitness. You may be studying an unrelated field but care about your health & well-being. Learning more about exercise science will positively influence your success.

A variety of courses are available to complete the requirements for the Exercise Science minor. A complete listing of courses can be found at www.rit.edu/EXSCminor.

Students who complete the minor are prepared to sit for professional certification examinations to work in the fitness industry.



Contact Bill Brewer to learn more!

- ▶ 585.475.2476
- ▶ wbscl@rit.edu
- ▶ www.rit.edu/EXSCminor

Follow us on social media!

 @needs_WSHN

 facebook.com/WSHNneeds

RIT | College of Health Sciences and Technology
Wegmans School of Health and Nutrition

Information is effective August, 2023.

EXSC Minor requirements subject to change.

This minor is not available to students majoring in Exercise Science.

PATHWAY TO AN EXERCISE SCIENCE MINOR

Choose five of the following courses

Introduction to Exercise Science*	EXSC-150 (3-credits)
Sports Physiology and Life Fitness	EXSC-205 (3-credits)
Fitness Prescription*	EXSC-206 (3-credits)
Exercise for Special Populations*	EXSC-207 (3-credits)
Human Motor Behavior*	EXSC-210 (3-credits)
Group Exercise*	EXSC-270 (3-credits)
Strength Training for Performance*	EXSC-280 (3-credits)
Worksite Health Promotion*	EXSC-360 (3-credits)
Senior Adult Fitness*	EXSC-370 (3-credits)
Sports Psychology*	EXSC-380 (3-credits)
Kinesiology*	EXSC-410 (3-credits)
Biomechanics*	EXSC-420 (3-credits)
Theory of Athletic Injuries*	EXSC-430 (3-credits)
Cardiac Rehabilitation*	EXSC-440 (3-credits)
Training the High Performance Athlete*	EXSC-480 (3-credits)
Exercise Physiology*	EXSC-550 (3-credits)
Topics in Exercise Science	EXSC-589 (3-credits)
Human Anatomy & Physiology I*	MEDS-250 (4-credits)
Human Anatomy & Physiology II*	MEDS-251 (4-credits)
Sports Nutrition	NUTR-300 (3-credits)

**Pre-requisite course(s) are required*