

Oakland University  
Exercise Science - Minor Authorization  
2018-2019

This form is to be used to plan a program for a minor in Exercise Science. This minor is available to complement majors in the School of Health Sciences or in other programs at the University. This minor is also designed to support the Master of Science in Exercise Science offered by the School of Health Sciences.

Student \_\_\_\_\_ Grizzly ID Number \_\_\_\_\_

OU Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Minor Sought Exercise Science

**Oakland University courses required for the minor (16 credits):**

Dept/Course #	Title	Credits
HS 2000	Health in Personal and Occupational Environments	4
EXS 2400	Weight Control, Nutrition and Exercise	4
*EXS 3010/3015	Exercise Physiology/Lab (Pre-reqs: BIO 1200, 2600)	3/1
*EXS 3020	Human Motion Analysis (Pre-reqs: BIO 1200, 2100)	4
<b>Total Core Credits</b>		<b>16</b>

**Choose 6 credits of electives from the following courses:**

*EXS 1000	Exercise (Strength Training) and Health Enhancement	2
*EXS 1100	Cardiovascular Fitness Training	2
EXS 1500	Exercise (Judo) and Health Enhancement	2
EXS 2200	Introduction to Exercise Science	2
EXS 2000	Group Exercise Instruction I	2
EXS 2100	Group Exercise Instruction II	2
*EXS 2700	Safety and First Aid in Exercise Settings	2
HS 2150	Stress Management	2
EXS 4300	Human Performance Enhancement	2
EXS 4600	Health and Disease	2
EXS 4620	Clinical Biomechanics	2
EXS 4800	Exercise Endocrinology	2
EXS 4630	Basic Athletic Training	2
EXS 4640	Exercise Electrocardiography	2
EXS 4310	Environment and Human Performance	2
EXS 4400	Obesity and Physical Activity	2
EXS 4200	Physical Activity and Aging	2
EXS 4210	Children and Exercise	2
EXS 4500	Healthy Lifestyle Choices	2
EXS 4700	Corporate and Worksite Wellness Programs	2
EXS 4100	Introduction to Personal Training	2
EXS 4110	Advanced Personal Training	2
EXS 4900	Special Topics	(1-4)
EXS 4995	Directed Study and Research	(1 or 2)
WHP 3170	Advanced First Aid/CPR Instruction	2
WHP 3850	Injury Prevention, Control & Safety Promotion	4
WHP 3600	Wellness Facilitation	4
WHP 4200	Injury Prevention and the Environment	4
<b>Total elective credits</b>		<b>6</b>
<b>Final total credits</b>		<b>22</b>

Signature of student \_\_\_\_\_ Date \_\_\_\_\_

Adviser signature \_\_\_\_\_ Date \_\_\_\_\_

\* Indicates a prerequisite to the Master of Science in Exercise Science program. An additional prerequisite for the MS program is STA 2220, STA 2226 or PSY 2510. Complete this form and return to: School of Health Sciences Academic Advising Office, 1014 Human Health Building or fax to 248-364-8842.