

Oakland University  
Exercise Science - Minor Authorization  
**2015-2016**

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 201                    | Health in Personal and Occupational Environments | 4         |
| EXS 204                   | Weight Control, Nutrition and Exercise           | 4         |
| *EXS 304/306              | Exercise Physiology/Lab (Pre-reqs: BIO 111, 207) | 3/1       |
| *EXS 350                  | Human Motion Analysis (Pre-reqs: BIO 111, 205)   | 4         |
| <b>Total Core Credits</b> |  | <b>16</b> |

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

|                               |   |           |
|-------------------------------|---|-----------|
| *EXS 103                      | Exercise (Strength Training) and Health Enhancement | 2         |
| *EXS 105                      | Cardiovascular Fitness Training                     | 2         |
| EXS 106                       | Exercise (Judo) and Health Enhancement              | 2         |
| EXS 202                       | Introduction to Exercise Science                    | 2         |
| EXS 203                       | Group Exercise Instruction I                        | 2         |
| EXS 205                       | Group Exercise Instruction II                       | 2         |
| *EXS 207                      | Safety and First Aid in Exercise Settings           | 2         |
| EXS 215                       | Stress Management                                   | 2         |
| EXS 403                       | Human Performance Enhancement                       | 2         |
| EXS 405                       | Health and Disease                                  | 2         |
| EXS 411                       | Clinical Biomechanics                               | 2         |
| EXS 415                       | Exercise Endocrinology                              | 2         |
| EXS 421                       | Basic Athletic Training                             | 2         |
| EXS 426                       | Exercise Electrocardiography                        | 2         |
| EXS 436                       | Environment and Human Performance                   | 2         |
| EXS 441                       | Obesity and Physical Activity                       | 2         |
| EXS 445                       | Physical Activity and Aging                         | 2         |
| EXS 450                       | Children and Exercise                               | 2         |
| EXS 460                       | Healthy Lifestyle Choices                           | 2         |
| EXS 465                       | Corporate and Worksite Wellness Programs            | 2         |
| EXS 470                       | Introduction to Personal Training                   | 2         |
| EXS 475                       | Advanced Personal Training                          | 2         |
| EXS 483                       | Special Topics                                      | (1-4)     |
| EXS 493                       | Directed Study and Research                         | (1 or 2)  |
| WHP 208                       | Advanced First Aid/CPR Instruction                  | 2         |
| WHP 210                       | Water Safety and Lifeguard Training                 | 2         |
| WHP 310                       | Injury Prevention, Control & Safety Promotion       | 4         |
| WHP 360                       | Wellness Facilitation                               | 4         |
| WHP 420                       | 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 225, STA 226 or PSY 251. Complete this form and return to: School of Health Sciences Academic Advising Office, 3070 Human Health Building or fax to 248-364-8657.