

MINOR IN HEALTH AND EXERCISE SCIENCE

A minor in Health and Exercise Science provides students in other majors with an opportunity to gain knowledge and skills specific to health and exercise science. Students in the minor program will gain core knowledge and skills in the fundamentals of exercise science, including anatomy, physiology, neurophysiology, and biomechanics. Additionally, students can select electives that provide a further understanding of health, and healthy behaviors as they relate to decreasing the risk of chronic disease and disability. The minor may be of special interest to students pursuing graduate programs in medicine and other health professions and health promotion fields.

Learn more about the Minor in Health and Exercise Science on the Department of Health and Exercise Science website. (<https://www.chhs.colostate.edu/hes/programs-and-degrees/b-s-in-health-and-exercise-science/minor-in-health-and-exercise-science/>)

Requirements Effective Fall 2023

Students must satisfactorily complete the total credits required for the minor. Minors and interdisciplinary minors require 12 or more upper-division (300- to 400-level) credits.

Additional coursework may be required due to prerequisites.

Code	Title	Credits
HES 145	Health and Wellness	3
HES 202	Introduction to Exercise Physiology	3
HES 207	Anatomical Kinesiology	4
HES 303	Biomechanics and Neurophysiology	3
Select 9 credits from the following courses:		9
HES 300	Physiology for Clinical Health Professions	
HES 307	Biomechanical Principles of Human Movement	
HES 309	Methods of Coaching	
HES 319	Neuromuscular Aspects of Human Movement	
HES 340	Exercise Prescription	
HES 345	Population Health and Disease Prevention	
HES 354	Theory of Health Behavior	
HES 379	Psychology and Sport	
HES 403	Physiology of Exercise	
HES 420	Electrocardiography and Exercise Management	
HES 432	Virtual Coaching for Wellness	
HES 434	Physical Activity Throughout the Lifespan	
HES 450	Introduction to Human Clinical Medicine	
HES 500	Environmental Exercise Physiology	
HES 510	Bioethics--Concepts and Controversies	
Total Credits		22