

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/>)