

La Roche University
EXERCISE AND SPORT SCIENCE MINOR
Department: Health Science

Student Name _____

____ First-Year Student ____ Transfer

I.D. Number _____

____ Change of Major ____ Readmit

Unofficial Eval Completed by/date: _____

This is the **unofficial evaluation** of your credits to date including transfer credits (if applicable).

PURPOSE: Minors are offered as opportunities for students to fulfill career or personal interests, and/or to facilitate in depth study in a field of secondary interest.

GENERAL RESTRICTIONS: Minors must be completed within the student's graduation timeline.

REQUIREMENTS: A total of 19- 21 credits are required for completion of the minor (depending on major).

REQUIRED COURSES:
Credits
Transfer Course#/Comments
MINOR FOUNDATION COURSES (8 or 6 credits)

____ BIOL1023/L Human Anatomy and Physiology I with lab	4	_____
____ BIOL1024/L Human Anatomy and Physiology II with lab	4	_____

OR IF DANCE MAJOR:

____ BIOL1002 Intro to the Human Body	3	_____
____ NSCI2005 Dance Kinesiology	3	_____

REQUIRED MINOR COURSES (10 credits)

____ EXSP3025/L Exercise Physiology and Sport Nutrition with lab	4	_____
____ EXSP3007 Biomechanics	3	_____
____ EXSP3005 Motor Learning, Control, and Development	3	_____

ELECTIVE MINOR COURSES (Choose 1: 3 credits)

____ EXSP3030 Fitness Testing and Exercise Prescription	3	_____
____ EXSP4005 Clinical Exercise Physiology	3	_____
____ EXSP4003 Strength and Conditioning	3	_____
____ EXSP2015 Social and Political Aspects of Health and Wellness	3	_____
____ EXSP2014 Kinesiology	3	_____
____ EXSP4051 Internship	3	_____

FOR REGISTRAR USE ONLY:

Total Credits Earned: _____

Credits Required: 19- 21

Credits Remaining: _____

Registrar's Signature _____ Date _____