

# KINESIOLOGY DEPARTMENT

Exercise Science Minor  
16/FA-18/SU

Minor requirements: 24 semester hours. This minor is designed for those individuals that desire national certification as a personal trainer, aerobics instructor, or health fitness instructor.

Name: \_\_\_\_\_

S.S.#: \_\_\_\_\_

I.D.#: \_\_\_\_\_

Date of First Enrollment: \_\_\_\_\_

Minor Requirements: 26 Semester Hours. This minor is designed for students interested in training or coaching, but not teaching. This is not a certifiable minor for teaching.

## AQUINAS REQUIREMENTS

|       |  |     |
|-------|--|-----|
| _____ | BY 150 Human Biology   | 4.0 |
| _____ | KN 158 Health Education-First Aid                                      | 3.0 |
| _____ | KN 250 Physiology of Exercise  | 4.0 |
| _____ | KN 251 Nutrition for Sport Performance                                 | 3.0 |
| _____ | KN 256 Kinesiology   | 4.0 |
| _____ | KN 281 Aerobic Fitness   | 1.0 |
| _____ | KN 404 Conditioning  | 2.0 |
| _____ | KN 405 Conditioning II: Designing Progs.                               | 2.0 |
| _____ | KN 399 Ind. Project: Advanced Fitness<br>Testing/Exercise Prescription | 3.0 |

## TRANSFER REQUIREMENTS

|       |                              |
|-------|------------------------------|
| _____ | <u>BIOL 105</u>              |
| _____ | _____                        |
| _____ | _____                        |
| _____ | _____                        |
| _____ | _____                        |
| _____ | <u>PHED 110 AND PHED 103</u> |
| _____ | _____                        |
| _____ | _____                        |

Please Note: Aquinas College reserves the right to change, modify, or amend the above-stated requirements and/or courses in its sole discretion and without prior notice.