

# EXERCISE AND SPORTS STUDIES

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## Exercise and Sport Studies Minor (17 Credit Hours)

The Exercise & Sports Studies (ESS) minor is designed to prepare students with the necessary knowledge, skills and abilities in the fields of strength & conditioning, fitness, and human performance. For students hoping to pursue a career in the allied health professions, competitive sports and athletics, or personal training, the ESS minor provides the fundamental preparation needed to work with physically active populations.

### Required Courses

Code	Title	Credits
ESS-101	Introduction to Exercise and Sports Studies	3
ESS-201	Principles of First Aid in Athletic Injury	3
ESS-301	Fitness Eval & Exercise Prescription	3
ESS-270	Exercise and Sports Studies Practicum	3
DTC-328	Nutrition for Fitness & Athletic Performance	2
SOC-312	Sociology of Sports and Phys Activity	3
or ESS-410	Strength & Conditioning Seminar	
Total Credits		17