

Minor in Exercise Science

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The Minor in Exercise Science, when combined with the BS in Community Health or Physical Education, prepares individuals to work in a variety of health, wellness, recreation, and sport settings.

ADMISSION and RETENTION REQUIREMENTS

Students pursuing a degree in the Department of Health Sciences and Physical Education must meet all of the Goodwin College of Education requirements for admission and retention. Students must receive a grade of "C" or above in all major courses. Students with a grade below a "C" will have the opportunity to repeat the course only once.

EXIT REQUIREMENTS

Successful completion of all Goodwin College of Education and Department program requirements.

University Core Curriculum Requirements

General Education Distribution Area	Cr. Hrs.
Fine Arts (FA)* 2 courses, from at least two of the following areas of study: Art, CMT (Mass Media or Theatre), Music (includes Dance).	6
Humanities (HU)* 3 courses, from at least two of the following areas of study: CMT (Communication), English, Linguistics, Philosophy, Women's and Gender Studies, World Languages and Cultures, (Note: No more than two foreign language courses may be used to fulfill this requirement.)	9
Behavioral/Social Sciences (SB)* 3 courses, from at least two of the following areas of study: African & African American Studies, Anthropology, Computer Science, Economics, Geography & Environmental Studies, History, Justice Studies, Latino & Latin American Studies, Political Science, Psychology, Sociology, Social Work	9
Natural Sciences (NS and NSL)** 3 courses, from at least two of the following areas of study; one course must have a laboratory component (NSL): Biology, Chemistry, Earth Science, Environmental Science, Physics (Note: If an FYE ANTH that counts as Natural Science is taken, only one Biology course may be used for Natural Science).	9

Engaged Learning Experiences

Students must complete, at Northeastern, three courses designated as Engaged Learning Experiences courses. One of the Engaged Learning Experiences courses must be at the 300-level, and one Engaged Learning Experiences course must be designated as "Boundary Crossing".

Discipline Specific (ELE-DS)

These courses have pre-requisites that are specific courses within a program of study. Discipline Specific courses give students a deeper understanding of how knowledge is created and applied in their field.

Boundary Crossing (ELE-X)

These are courses that cross disciplinary boundaries and/or cross boundaries through engagements outside the classroom or University allowing students to see how knowledge gained in one field might inform other fields or other aspects of society.

Math/Quantitative Reasoning (MA)

1 Math course, that has intermediate Algebra as prerequisite OR is a course listed on the General Education Distributive Learning List of Approved Courses. Any 3 hour college level math course, beyond Intermediate Algebra, meets this requirement.

- * Majors in Fine Arts, Humanities or Social/Behavioral Sciences, may waive up to 6 credit hours of General Education requirements in the corresponding distribution area.
- ** Majors in Natural Sciences may waive up to 9 credit hours of General Education requirements in the Natural Sciences distribution area.

Students should also be aware of all other university requirements to obtain a degree - NEIU requirements (<http://catalog.neiu.edu/graduation-requirements/bachelors-degree/>)

Minor in Exercise Science (18 credit hours)

Code	Title	Hours
Required courses		
PEMT-302	Kinesiology ¹	3
PEMT-309	Sport & Exercise Psychology	3
EXSC-304	Testing And Prescription For Health And Fitness	3
Electives		9
Select 3 of the following:		
PEMT-308	Motor Skill Behavior	
PEMT-311	Introduction To The Theory And Methodology Of Coaching	
EXSC-210	Group Exercise Instructor	
EXSC-215	Resistance & Cardiovascular Training For Health & Fitness	
EXSC-315	Design Of Specific Exercise Programs	
EXSC-350	Independent Study Exercise Science	
HLED-309	Nutrition And Health	
HSCI-357	Introduction To Health Care Management And Leadership	
Total Hours		18

¹ PEMT-305 is a prerequisite for this course.