

MINOR IN EXERCISE SCIENCE

2018-2019

A minor in Exercise Science will require a student to take 15 hours from the Fitness and Human Performance programs selected from the items below.

HSH Requirements	UHCL Course Title	TCCNS*	CODE
Required Courses:	HLTH 3303	Nutrition & Weight Management	
	HLTH 3304	Principles of Physical Fitness	
	HLTH 4301	Physiology of Exercise	
	HLTH 4302	Biomechanics	
	or		
	HLTH 4305	Seminar in Sports Medicine	
	HLTH 4307	Peak Performance	
	or		
	HLTH 4308	Resistance Exercise: Theory and Practice	

General Minor Requirements

- Students must complete at least a minimum of 15 hours in the minor field.
 - At least 9 must be at the upper level (3300- and 4300-level classes).
 - At least 6 of the upper-level credits must be taken at UHCL.
- Students must earn a 2.00 minimum cumulative grade point average on courses in the minor at the University of Houston-Clear Lake. (GPA requirement may be higher in some minors.)

Some minors are associated with disciplinary programs, and some are interdisciplinary. Although the minor will not appear on your diploma, it will be noted on your transcript, which would be seen by future employers and others who review your academic record.

Keep in mind that because minors will require no fewer than 15 semester hours of course work, excluding prerequisite courses, **you must have 15 hours of electives available in your major degree plan. Course substitutions** to the minor degree plan may be made with the approval of both the major and minor advisors. Also, adding a minor to your program of study may not result in graduation requirements that exceed the approved length of your original degree plan and that the minor must be completed prior to graduation, not afterwards.

For more information, see the general and program requirements in the *Undergraduate Catalog*. For questions and academic advice, please Dr. William Amonette at amonette@uhcl.edu.