

MINOR IN HEALTH AND EXERCISE SCIENCE

A minor in Health and Exercise Science is offered and is compatible with a number of undergraduate majors, including Biology, Neuroscience, and Psychology. Courses in the minor develop theoretical and practical knowledge related to the biological, mechanical, and behavioral basis for movement. The minor is designed so that students will experience the multidisciplinary foundations of human exercise and movement. Students who include the Health and Exercise Science minor in their education will be able to apply this knowledge to strategies designed to improve and optimize physical performance. The Health and Exercise Science minor is open to all Regis University students. HES courses are taught by ranked and affiliate faculty in the School of Rehabilitative and Health Sciences and promote an early introduction and mentoring option for students interested in careers that incorporate principles of health and exercise science, such as Physical Therapy.

Degree Requirements

Code	Title	SHs
HES 374	Applied Human Anatomy	3.00
HES 375	Applied Human Anatomy Lab	1.00
HES 376	Applied Human Physiology	3.00
HES 377	Applied Human Physiology Lab	1.00
HES 311	Research Design & Statistics	3.00
PH 202A	Gen Physics w/Trigonometry I	3.00
PH 205A	General Physics Lab w/Trigonometry I	1.00
PSY 250	General Psychology	3.00
NS 260	Introduction to Brain and Behavior	3.00
NS 261	Intro to Brain and Behavior Laboratory	1.00
HES 420	Kinesiology	3.00
HES 430	Physiology of Exercise	3.00
HES 440	Concepts of Motor Behavior	3.00
HES 450	Biomechanics of Exercise	3.00
Total SHs		34