

Exercise Science Minor

2023-2024

Introduction

This minor provides a study of human movement from physiological, mechanical and psychological perspectives. Information is applied to settings such as health promotion, exercise, athlete training, aging and rehabilitation.

Why Consider an Exercise Science Minor?

The exercise science minor is appropriate for students who wish to learn about human movement and performance, students preparing for healthcare careers, and students preparing for post-baccalaureate study in healthcare fields.

Contact Information

General Information and Advising

Jen Leita
Carver 201A
360-650-4377

Jen.Leita@wwu.edu

Program Coordinator

Gordon Chalmers
360-650-3113

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Sample Careers

Health Promotion | Athletic/Physical Activity Instruction | Nutrition Specialist* | Graduate School | Major dependent careers*

*with post-baccalaureate study

Major/Career Resources

www.wwu.edu/careers/students_choosingamajor.shtml

How to Declare (Application and Declaration Process):

1. WWU students with at least 75 credits completed and a GPA of at least 2.5, and have already declared their major, may apply to the exercise science minor:

- At the time of application, the 75 or more credits must be recorded in the student's WWU academic history (WWU transcript) and/or in the student's WWU transfer equivalency report.
- If the student has attended more than one institution then the student's GPA for purposes of application to the exercise science minor is calculated as a weighted average of the GPAs obtained at each of the schools attended. (Advanced placement classes are not included in the calculation; running start classes recorded on a community college transcript are included.)
- A student cannot apply to both the kinesiology major and the exercise science minor in the same term.

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- A student cannot complete both the exercise science minor and any of the kinesiology majors. Physical Education and Health major students may complete this minor but cannot double count classes for both their major and this minor, except BIOL 348. Sport psychology minors who complete this minor cannot double count classes for both minors and should consider completing the sport psychology major rather than the two minors.
- To be admitted the student must demonstrate to the HHD student advisor that they have the time to complete the minor by providing a detailed plan of study for all remaining major and minor requirements to be completed in the time they plan to remain at WWU.
- Up to 20 students admitted per academic year. Number determined by (i.e. same as) the number of PEH pedagogy students admitted in winter of previous academic year.
- Admission will be determined on a space available basis after ranking candidates by GPA, from high to low.
- The application to the exercise science minor is submitted via a link on the Kinesiology program website at www.wvu.edu/hhd/kinesiology.
- Students may apply to start the major in fall, winter, or spring terms.
- Deadlines for the application each year are as follows:
 - Second Friday of classes in fall quarter, for the students entering the minor in the subsequent winter quarter.
 - Second Friday of classes in winter quarter, for the students entering the minor in the subsequent spring quarter.
 - Second Friday of classes in spring quarter, for the students entering the minor in the subsequent fall quarter.
- Transfer students attending a summer orientation program will not be able to apply to the minor during the summer orientation program. Transfer students will apply in the fall, winter, or spring quarters according to the deadlines for application.
- Admitted student must take KIN 306 in their first quarter in the minor.

2. Student applicants are notified of the outcome of their application the soonest possible after the application deadline, well in advance of the registration phase I for the subsequent quarter.

For Advising: Contact Jen Leita (see above).

Grade Requirements

A grade of C- or better is required for a student's minor courses.

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Exercise Science Minor Curriculum

Total credits	30
Required credits	10 credits BIOL 348(5cr): Human Anatomy & Physiology KIN 306(5cr): Measurement & Evaluation in Kinesiology* *Required to take in first term
Elective credits	20 credits under advisement from: At least one of: KIN 311(5cr): Biomechanics KIN 312(5cr): Functional Anatomy KIN 413(5cr): Exercise Physiology KIN 315(2cr): Fitness Instruction & Leadership KIN 320(3cr): Psychology of Sport KIN 410(3cr): Motor Control & Learning KIN 414(3cr): Physical Activity & Nutrition KIN 416(3cr): Strength & Conditioning Program Design BIOL 349(5cr): Human Physiology
Notes	A student cannot apply to both the kinesiology major and the exercise science minor in the same term. A student cannot complete both the exercise science minor and any of the kinesiology majors. PEH students may complete this minor but cannot double count classes for both their major and this minor, except BIOL 348. Sport psychology minors who complete this minor cannot double count classes for both minors and should consider completing the sport psychology major rather than the two minors.