

EXERCISE AND SPORT SCIENCE MINOR

This Minor consists of 18 credits including:

Code	Title	Credits
ESS 181	Foundations of Exercise and Sport Science	3
or ESS 185	Lifetime Wellness	
ESS electives at the 200-level or above ¹		9
ESS upper-division electives		6
Total Credits		18

¹ excluding ESS 276 Emergency Response and ESS 221-229