

Minor - Exercise Science Minor Description

A minor in exercise science offers a foundation for those specifically interested in building careers within fitness, sports medicine, rehabilitation, and human performance. The exercise science minor would pair well with several other minors for individuals pursuing a degree in multi-disciplinary studies (i.e., choose three minors).

Course Requirements

- ES 338: Neuroscience of Exercise (3 hours)
- ES 346/347: Kinesiology + Lab (4 hours)
- ES 348/349: Physiology of Exercise + Lab (4 hours)
- ES 358/359: Exercise Testing and Prescription + Lab (4 hours)

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

