Minor in Exercise Science

A minor in Exercise Science consists of the successful completion of the following courses:

- PESP 61: First Aid for Activity Professionals (2 s.h.)

  Or

- PESP 60: First Aid and Safety (3 s.h.)
- BIO 106: Exercise Physiology (3 s.h.)
- PESP 106: Structural Kinesiology (3 s.h.)
- PESP 193: Resistance Training Techniques and Progressions (2 s.h.)
- PESP 191: Sports Nutrition (3 s.h.)
- PESP 194: Assessment of Physical Fitness (3 s.h.)
- PESP 198: Implementing Fitness Programs (3 s.h.)

A minimum of 12 s.h. must be taken in residence. Academic advisement is required through the Department of Physical Education and Sports Sciences for all candidates wishing to minor in exercise science.

Please contact Dr. Katie Sell at 516-463-5814 or Katie.Sell@hofstra.edu if you are interested in pursuing this program of study.