

EXERCISE AND SPORT STUDIES MINOR

Minor Requirements and Curriculum

The minor must be completed prior to, or at the same time as, the requirements for the bachelor's degree. A major and a minor may not be taken in the same degree program, and a minor is not required for a degree. Requirements for the minor include:

- At least half of the units must be from upper-division courses (3000-4000 level).
- At least half of the units must be taken at Cal Poly (in residence).
- No more than one-third of the units will be taken with credit-no credit grading (CR/NC), not counting courses with mandatory CR/NC. Departments may further limit CR/NC grading if desired.
- A minimum 2.0 GPA is required in all units counted for completion of the minor.

Code	Title	Units
REQUIRED COURSES		
KINE 2240	Introduction to Principles of Exercise, Fitness, and Sport	3
KINE 2266	Sport and Performance Psychology	3
KINE 3323	Sport and Gender	3
or KINE 3324	Sports, Media, and United States Popular Culture	
KINE 3325	Sport and Physical Activity Throughout Civilizations	3
KINE 4401	Leadership in Health and Physical Activity Programs	3
Approved Electives		
Select from the following:		6
COMS 3387	Sports Communication	
EIM 2260	Community Relations and Sports-Based Youth Development	
EIM 3323	Sport Marketing and the Fan Experience	
FSN 3305	Nutrition and Exercise for Health and Disease Prevention	
HLTH 1155	Multicultural Perspectives and Health	
or HLTH 1160	Women's Health and Society	
KINE 2278	Introduction to Athletic Training	
KINE 3307	Adapted Physical Activity	
KINE 3312	Motor Learning	
KINE 3330	Group Exercise and Personal Training	
KINE 3366	Applied Sport and Performance Psychology	
KINE 3378	Prevention and Care of Athletic Injuries	
KINE 3382	Psychological Aspects of Injury in Sport and Physical Activity	
PSY 3350	Teamwork	
PSY 4405	Adult Mental Health and Psychopathology	
Total Units		21