The minor in Exercise and Sport Science is open to any RU student who completes 18 hours of required coursework.

**Required Courses (12-16 hours.)**

**ESHE Foundations**

**Area 1: Exercise Science Foundations 4 or 6 hrs**

- ESHE 391 Exercise Science (4)
- OR
- ESHE 390 Kinesiology (3)
  and ESHE 392 Exercise Physiology (3)

**Area 2: Motor Behavior Foundations 4 or 6 hrs**

- ESHE 395 Motor Behavior (4)
- OR
- ESHE 350 Sport & Exercise Psychology (3)
  and ESHE 394 Motor Control (3)

**Area 3: Health and Safety Foundations 4 Hours**

- HLTH 320 Health and Safety Foundations (4)

Choose from the following courses to total 18 hours:

- ESHE 201 Introduction to Athletic Training (3)
- ESHE 305 Principles of Strength and Conditioning (3)
- ESHE 315 Physical Activity and Aging (3)
- ESHE 350 Sport & Exercise Psychology (3)
- ESHE 394 Motor Control (3)
- ESHE 396 Assessment and Prescription of Fitness (3)
- ESHE 400 Practicum in ESHE - Exercise Science (3)
- HLTH 465 Nutrition for Sport and Exercise (3)