

SPORT PERFORMANCE MINOR

Course Requirements for the Minor

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.

Course	Title	Units
BIOL 103	Human Anatomy	4
BIOL 104	Human Physiology	4
KINE 322	Biomechanics	4
KINE 323	Physiology of Exercise	4
KINE 390	Principles of Strength and Conditioning	3
KINE 530	Advanced Principles of Strength and Conditioning	3
Select two of the following:		6
KINE 314	Psychology of Coaching	
KINE 524W	Biomechanical Analysis (W)	
NFSC 303	Nutrition and Physical Fitness	
Total Units		28