

Name _____

Adv/Date _____ / _____

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EXERCISE BIOLOGY MINOR

At least 18 upper division units in Exercise Biology may be elected from one of the three options. Only letter graded (not P/NP only) courses count towards a minor in Exercise Biology. None of the variable-unit courses or Exercise Biology 146, 146L, 147L, 148, 148L or 149L may be used to fulfill these requirements. Consult your adviser regularly.

A. Biomechanics

- I. Complete the following course:
_____ EXB 103 (4; III)
- 2 Complete the following 3 courses:
_____ EXB 113 (3; III)
_____ EXB 115 (3; I)
_____ EXB 126 (3; II)
3. Additional courses in Exercise Biology to complete a total of 18 upper division units.
_____ EXB _____
_____ EXB _____
_____ EXB _____

B. Exercise Physiology

- I. Complete the following course:
_____ EXB 101 (4; I)
2. Minimum of 3 courses from:
_____ EXB 110 (3; II)
_____ EXB 111 (3; II)
_____ EXB 112 (4; II)
_____ EXB 113 (3; III)
_____ EXB 116 (3; III)
_____ EXB 117 (3; III)
3. Additional courses in Exercise Biology to complete total of 18 upper division units.
_____ EXB _____
_____ EXB _____
_____ EXB _____

C. Psychological Aspects

- I. Complete the following course:
_____ EXB 102 (4; I, II)
2. Complete the following 3 courses:
_____ EXB/PHE 120 (4; I,II)
_____ EXB 121 (4; III)
_____ EXB 122 (3; II)
3. Additional courses in Exercise Biology to complete a total of 18 upper division units.
_____ EXB _____
_____ EXB _____
_____ EXB _____