
PLEASE READ BEFORE
COMPLETING MINOR FORM:

Exercise Biology Minor

- File Minor Petition in College of Major.
- Minor must be outside the department or curriculum of the major.
- Only one course may overlap between Major and Minor(s).
- Minor shall consist of 18 to 24 upper division units in courses specified by the department or committee
- Must have an overall 2.00 GPA in the Minor.
- One half of the units and courses in the minor must be taken at U.C.D.
- Any substitutions in course work from those listed on Minor petition must have a memo of approval from the minor adviser sent to the Dean's Office, College of Biological Sciences.
- List only upper division courses required for the Major and Minor on the minor petition.
- Major and Minor Advisers must sign form to verify courses listed.
- For specific deadlines, see the Academic Calendar in the General Catalog.
- For more information, call 752-2292.

Exercise Biology Minor Requirements:

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

A. Biomechanics

Required courses (13 units):

- EXB 103 – III4 units
Analysis and Control of Human Movement
- EXB 113 – III3 units
Growth and Development in Human
Performance
- EXB 115 – I 3 units
Biochemical Bases of Movement
- EXB 126 – II 3 units
Tissue Mechanics

***Complete additional courses in Exercise
Biology for a total of 18 upper division units.***

B. Exercise Physiology

Required course (4 units):

- EXB 101 – I 4 units
Exercise Physiology

***Choose a minimum of 3 courses from the
following list (9-10 units):***

- EXB 110 – III3 units
Exercise Metabolism
- EXB 111 – II 3 units
Environmental Effects on Physical
Performance
- EXB 112 – II 4 units
Clinical Exercise Physiology
- EXB 113 – III3 units
Growth and Development in Human
Performance
- EXB 1163 units
Nutrition for Physically Active Persons
- EXB 117 – III3 units
Exercise and Aging in Health and Disease
- EXB 1253 units
Neuromuscular and Behavioral Aspects of
Motor Control

***Complete additional courses in Exercise
Biology for a total of 18 upper division units.***

C. Psychological Aspects

Required courses (13 units):

- EXB 102 – I, II4 units
Introduction to Motor Learning and the
Psychology of Sport and Exercise
- EXB/PHE 120 – I, IV3 units
Sports in American Society
- EXB 121 – II3 units
Sport Psychology
- EXB 122 – III3 units
Psychological Effects of Physical Activity

***Complete additional courses in Exercise
Biology for a total of 18 upper division units.***