

EXERCISE PHYSIOLOGY (MINOR)

This program was approved for students entering the university in the Summer 2025-Spring 2026 catalog year. For more information about catalog year, go to Catalog Year Information (<https://catalog.louisville.edu/undergraduate/university-wide-unit-specific-policies/catalog-year/>).

Minor in Exercise Physiology

Unit: College of Education and Human Development (<http://www.louisville.edu/edu/>)

Department: Health and Sport Sciences (HSS) (<http://www.louisville.edu/edu/hpes/>)

Academic Plan Code(s): ESSMMINOR

This minor has a combination of coursework offered online and in person, with in person courses offered on campus and at off-site locations.

The Exercise Physiology minor is open to any undergraduate student at the university. Students must have a minimum cumulative GPA of 2.25 to be admitted to the minor.

Program Requirements

Code	Title	Hours
HSS 202	Foundations of Anatomy & Physiology - S (https://catalog.louisville.edu/undergraduate/general-education-requirements/)	3
HSS 263	Introduction to Exercise Physiology	3
HSS 387	Biomechanics	3
HSS 394	Foundations of Exercise Physiology	3
HSS 395	Fitness Assessment and Prescription	3
HSS 396	Lab Methods in Fitness Evaluation	3
<i>Electives</i>		3
Select one of the following:		
HSS 300	Nutrition Coaching	
HSS 320	Growth and Motor Development Across the Lifespan	
HSS 388	Foundations of Strength and Conditioning	
HSS 389	Prevention and Care of Athletic Injuries I	
HSS 392	Principles of Sport and Exercise Psychology	
HSS 504	Physical Activity and Public Health	
Minimum Total Hours		21

At least three (3) semester hours of the requirements for a minor must be successfully completed while enrolled in the University of Louisville.

A 2.50 GPA is required in the minor, and all courses must be completed with a C- or above.