

Major / Minor in Exercise Science
Course List
(For non-Exercise & Health Students admitted to HKU in 2012-2015)

Major in Exercise Science (90 credits)

Introductory Level Courses (24 credits)		
EXSC1001	Foundations of Exercise Science	6
EXSC1002	Physical Activity and Health	6
EXSC1003	Kinetic Anatomy	6
EXSC1004 <i>or</i>	Physiology for Human Movement <i>or</i>	
BBMS1001 <i>or</i>	Human Biology <i>or</i>	6
BBMS1002	Fundamentals of Human Anatomy and Physiology	
Advanced Level Courses (54 credits)		
EXSC2001	Fundamentals of Motor Control and Learning	6
EXSC2002	Sport and Exercise Psychology	6
EXSC2003	Exercise Physiology	6
EXSC2004 <i>or</i>	Research Design and Analysis for Exercise and Health <i>or</i>	
BBMS2002 <i>or</i>	Evidence-based Practice and Public Health <i>or</i>	6
BBMS2011	Research Methods in Medicine and Health	
EXSC2005	Biomechanics	6
EXSC2006	Measurement of Physical Activity	6
EXSC2007	Exercise Prescription and Training	6
EXSC3002	Advanced Exercise Physiology	6
EXSC3003	Advances in Skill Learning	6
EXSC3004	Physical Activity and Disability	6
EXSC3005	Physical Activity and Diseases of Inactivity	6
EXSC3006	Public Health Promotion of Physical Activity	6
EXSC3007	Special Topic in Exercise Sciences	6
EXSC3008	Recent Advances in Exercise And Health	6
EXSC3009	Current Concepts in Exercise And Health	6
EXSC3010	Advanced Measurement of Physical Activity	6
EXSC3011	Advanced Exercise Prescription and Training	6
EXSC3012	Applied Anthropometry	6
EXSC3013	Sport and Exercise Nutrition	6
EXSC3014	Rehabilitation Science	6
Capstone Requirement (12 credits)		
EXSC4000	Dissertation	12

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Minor in Exercise Science (36 credits)

Introductory Level Courses (12 credits)		
EXSC1001	Foundations of Exercise Science	6
EXSC1002	Physical Activity and Health	6
Advanced Level Courses (24 credits)		
EXSC2001	Fundamentals of Motor Control and Learning	6
EXSC2002	Sport and Exercise Psychology	6
EXSC2003	Exercise Physiology	6
EXSC2004 <i>or</i>	Research Design and Analysis for Exercise and Health <i>or</i>	
BBMS2002 <i>or</i>	Evidence-based Practice and Public Health <i>or</i>	6
BBMS2011	Research Methods in Medicine and Health	
EXSC2005	Biomechanics	6
EXSC2006	Measurement of Physical Activity	6
EXSC2007	Exercise Prescription and Training	6
EXSC3002	Advanced Exercise Physiology	6
EXSC3003	Advances In Skill Learning	6
EXSC3004	Physical Activity and Disability	6
EXSC3005	Physical Activity and Diseases of Inactivity	6
EXSC3006	Public Health Promotion of Physical Activity	6
EXSC3007	Special Topic in Exercise Sciences	6
EXSC3008	Recent Advances in Exercise and Health	6
EXSC3009	Current Concepts in Exercise and Health	6
EXSC3010	Advanced Measurement of Physical Activity	6
EXSC3011	Advanced Exercise Prescription and Training	6
EXSC3012	Applied Anthropometry	6
EXSC3013	Sport and Exercise Nutrition	6
EXSC3014	Rehabilitation Science	6