

**Major / Minor in Exercise Science  
Course List**

**(For non-Exercise & Health Students admitted to HKU in 2012-2015)**

**Major in Exercise Science (90 credits)**

<b>Introductory Level Courses (24 credits)</b>		
EXSC1001	Foundations of Exercise Science	6
EXSC1002	Physical Activity and Health	6
EXSC1003	Kinetic Anatomy	6
EXSC1004 <u>or</u>	Physiology for Human Movement <u>or</u>	
BBMS1001 <u>or</u>	Human Biology <u>or</u>	6
BBMS1002	Fundamentals of Human Anatomy and Physiology	
<b>Advanced Level Courses (54 credits)</b>		
EXSC2001	Fundamentals of Motor Control and Learning	6
EXSC2002	Sport and Exercise Psychology	6
EXSC2003	Exercise Physiology	6
EXSC2004 <u>or</u>	Research Design and Analysis for Exercise and Health <u>or</u>	
BBMS2002 <u>or</u>	Evidence-based Practice and Public Health <u>or</u>	6
BBMS2011	Research Methods in Medicine and Health	
EXSC2005	Biomechanics	6
EXSC2006 <u>or</u>	Measurement of Physical Activity	
EXSC2010	Measurement and Evaluation of Physical Activity	6
EXSC2007	Exercise Prescription and Training	6
EXSC2009	Exercise Biomechanics	6
EXSC3002 <u>or</u>	Advanced Exercise Physiology	
EXSC3018	Biological Basis of Exercise and Health	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
EXSC3019	Exercise and Chronic Diseases	6
<b>Capstone Requirement (12 credits)</b>		
EXSC4000	Dissertation	12

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Course List**

**(For non-Exercise & Health Students admitted to HKU in 2012-2015)**

**Minor in Exercise Science (36 credits)**

<b>Introductory Level Courses (12 credits)</b>		
EXSC1001	Foundations of Exercise Science	6
EXSC1002	Physical Activity and Health	6
<b>Advanced Level Courses (24 credits)</b>		
EXSC2001	Fundamentals of Motor Control and Learning	6
EXSC2002	Sport and Exercise Psychology	6
EXSC2003	Exercise Physiology	6
EXSC2004 <u>or</u> BBMS2002 <u>or</u> BBMS2011	Research Design and Analysis for Exercise and Health <u>or</u> Evidence-based Practice and Public Health <u>or</u> Research Methods in Medicine and Health	6
EXSC2005	Biomechanics	6
EXSC2006 <u>or</u> EXSC2010	Measurement of Physical Activity Measurement and Evaluation of Physical Activity	6
EXSC2007	Exercise Prescription and Training	6
EXSC2009	Exercise Biomechanics	6
EXSC3002 <u>or</u> EXSC3018	Advanced Exercise Physiology Biological Basis of Exercise and Health	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
EXSC3019	Exercise and Chronic Diseases	6