

# Minor in Kinesiology

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Kinesiology is the study of human movement and physical activity. Students minoring in Kinesiology can study how people learn new motor skills, the effects of exercise on the physiology and biomechanics of the human body, how to best treat and rehabilitate injuries, the history and philosophy of sport in the region, teaching physical education to K-12 students, and much more. Through this minor, students will:

- Supplement their major program of study or career interest with coursework in human movement
- Improve their own health literacy and personal wellness, preparing them up to make lifestyle improvements that can improve health outcomes
- Gain exposure to the field of Kinesiology and be provided a pathway to pursue graduate programs in Kinesiology & Movement Science

## Degree Programs

Code	Title	Hours
<b>Kinesiology Minor Required Courses</b>		
KIN 1303	Foundations of Kinesiology	3
<b>Kinesiology Electives</b>		
Select 15 hours from the following:		15
KIN 2315	Intro to Athletic Training	
KIN 3303	Hist,Socio,Phil of Sport & PA	
KIN 3313	Assessment and Evaluation	
KIN 3315	Princip of Teaching & Lead PE	
KIN 3325	Research Methods in Kin	
KIN 3327	Health Risk Appraisal	
KIN 3331	Anatomical Kinesiology	
KIN 3332	Motor Behavior	
KIN 3333	Motor Development	
KIN 4301	Personal Training	
KIN 4310	Selected Topics in Kinesiology	
KIN 4312	Exercise Physiology	
KIN 4313	Biomechanics	
KIN 4314	Special Pop: Charac/Motor Beh	
KIN 4315	Advanced Athletic Training	
KIN 4317	Sport Psychology	
KIN 4323	Current Issues in Exercise Sci	
KIN 4330	Exercise Prescription & Prog	
KIN 4331	Clinical Exercise Physiology	
KIN 4334	Coronary Intervention Programs	
KIN 4340	Sci Prin & Prac App of S&C	
KIN 4350	Internship	
KIN 4351	Internship - Strength & Cond	
KIN 4190	Independent Study	
KIN 4290	Independent Study	
KIN 4390	Independent Study	
<b>Total Hours</b>		<b>18</b>