Minor in Kinesiology

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 1303</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
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</tbody>
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**Kinesiology Minor Required Courses**

**Kinesiology Electives**

Select 15 hours from the following:

- 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

**Total Hours** 18