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>
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</thead>
<tbody>
<tr>
<td>KIN 1303</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
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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