

KIN - KINESIOLOGY

KIN Class Schedule (<https://courses.illinois.edu/schedule/DEFAULT/DEFAULT/KIN/>)

Courses

KIN 542 Mind-Body Exercise Approaches to Health credit: 4 Hours.
(<https://courses.illinois.edu/schedule/terms/KIN/542/>)

Explores the theory and application of a variety of integrative mind-body health practices (e.g., meditation traditions, mindfulness, yoga, tai-chi, etc.). Students will learn about the epidemiology and popularity of these practices and the scientifically documented physical and psychosocial health benefits.