

# KIN - KINESIOLOGY

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

## Courses

KIN 390 Honors credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/KIN/390/>)

Course is restricted to James Scholars pursuing the Civic Commitment and Leadership Tracks. Designed to support completion of the James Scholar honors project. Same as CHLH 390 and RST 390. May be repeated to a maximum of 6 hours. Prerequisite: James Scholar standing.

KIN 458 Neurobio of Aging credit: 0 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/KIN/458/>)

Same as PSYC 451 and NEUR 451. See PSYC 451.

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. 4 graduate hours. No professional credit.