KINESIOLOGY, BS & EPIDEMIOLOGY, MPH

for the degrees of Bachelor of Science Major in Kinesiology and Master of Public Health in Epidemiology

The Kinesiology curriculum leads to a bachelor of science degree that will prepare students for careers in human movement-related fields and/or advanced professional or graduate study. The undergraduate program provides the student with a broad general education, a departmental core integral to the understanding of the diverse aspects of human movement, and a correlate area of courses specific to the student's area of concentration within Kinesiology.

The Kinesiology program is committed to the study and research of human movement in all its dimensions. Undergraduate study focuses on exercise stress, movement efficiency, and fitness; the social, cultural, and psychological aspects of participation in physical activity and sport; coordination, control, and skill of physical activity; physical growth, development, and body form throughout the lifespan; the effects of therapeutic techniques of Kinesiology upon recovery from physical injury; and the instructional process of teaching/coaching of physical activity and sport.

The curriculum combines a comprehensive liberal arts and sciences education with in-depth study in a particular area of interest. The program of study provides knowledge and understanding essential for human movement and sport careers in either public or private agencies. The hours required for graduation include prescribed courses for all students as well as requirements determined by the various areas of emphasis selected by the student. Teaching and research emphasize hands-on learning through the use of technology and modern laboratory equipment. Graduates find employment in a variety of fields including teaching, corporate fitness, coaching, and athletic training. Many students continue their education and become physical therapists, physicians, exercise physiologists, and sport psychologists.

A 5 year BS MPH joint degree program is available for students majoring in Community Health, I-Health, or Kinesiology. Students apply for the program in the latter part of their third year (junior year) of study. Students accepted into the BS MPH joint degree program take 12 credit hours of coursework in their senior year that apply to both BS and MPH degrees. In the 5th year of study, students complete the remaining requirements for the MPH degree, and graduate simultaneously with both BS and MPH degrees. The requirements are explained in more detail on the MPH program website (http://www.mph.illinois.edu/Program/).

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Requirements Including General Education

The Kinesiology Program requires that General Education requirements must be selected from the Campus General Education course list. The prescribed courses prepare the student for upper division study and may be used to satisfy General Education requirements provided they are on the appropriate General Education list. Specifically required General Education courses are listed below.

Code	Title	Hours
Communication Arts		
Composition I and an approved speech performance course; or CMN 111 and CMN 112		6-7
Advanced Composition (KIN 340 fulfills requirement)		3
Quantitative Reasoning I & II		
From the approved campus list (KIN 201 fulfills QRII requirement)		6
Humanities and Arts		
From the approved campus list		6
Behavioral and Social Sciences		
KIN 140	(Social Science)	3
KIN 259		3
Natural Sciences		
KIN 150	(Life Science)	3
Course from the approved campus physical science list		3
Cultural Studies (may be completed through other categories)		
From Western Cultures approved campus list		3
From Non-Western Cultures approved campus list		3
From U.S. Minority Cultures approved campus list		3
Language Other Than English		
Completion through the third level of the same language in high school or college		
Anatomy and Physiology		
MCB 244 & MCB 245	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
MCB 246 & MCB 247	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5
Kinesiology and Community Health Department Core		
CHLH 101		3
KIN 122		3
Kinesiology Core Requirements		
KIN 125		1
KIN 140	(Gen Ed)	3
KIN 150	(Gen Ed)	3
KIN 201	(Gen Ed)	3
KIN 259		3
KIN 340		3
KIN 352		
KIN 355		3

Kinesiology Program Guided Electives

Code	Title	Hours
Elective Kinesiology Courses		
All courses must be at the 200, 300, or 400 level. At least six or more hours must be at the 400 level (at least 12 hours).		12
Correlate Area Studies		
Students select a standardized correlate that will prepare them for further education toward their career goals (at least 18 hours).		18

Summary of Degree Requirements

Code	Title	Hours
General Education and supporting coursework		49
Kinesiology and Community Health Department Core		6

Kinesiology Core	22
Elective Kinesiology courses	12
Correlate Area	18
Free electives	21
Total Hours	**128**

Course List

for the Epidemiology, MPH

Code	Title	Hours
CHLH 410		4
CHLH 469		3 or 4
CHLH 550		4
CHLH 568		2
CHLH 572		4
CHLH 573		4
CHLH 576		4
CHLH 578		4
CHLH 581	(2 semesters)	2
CHLH 582		4
CHLH 587		4
CHLH 589		2
Concentration Course	(from approved list, in consultation with MPH Advising)	4
Elective	(from approved list, in consultation with MPH Advising)	3-4
Total Hours	**(minimum required)**	**48**

Other Requirements

Required Courses:	Required Hours
Minimum 500-level hours Required Overall:	12 (8 within the unit)
Minimum GPA	3.0

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Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information, see the corresponding section on the Degree and General Education Requirements page (http://catalog.illinois.edu/general-information/degree-general-education-requirements/).

First Year

First Semester	Hours	Second Semester	Hours
KIN 125	1	KIN 150 or 140	3
KIN 122 or 101	3	CHLH 101 or 122	3
KIN 140 or 150	3	Composition I or an Approved Speech Performance course	3
Composition I or an Approved Speech Performance course	4	Language Other than English (3rd level) or Composition I	4
Correlate Area Course	4	Correlate Area Course	4
	15		**17**

Second Year

First Semester	Hours	Second Semester	Hours
MCB 244	3	MCB 246	3
MCB 245	2	MCB 247	2
KIN 201	3	KIN 340 or 259	3
KIN 259 or 340	3	Free Elective	3
Free Elective	3	Correlate Area Course	3
Correlate Area Course	3		
	17		**14**

Third Year

First Semester	Hours	Second Semester	Hours
KIN 352 or 355	3	KIN 355 or 352	3
KIN 300-level Free Elective	3	KIN 300-level Free Elective	3
General Education Course	3	General Education Course	3
Correlate Area Course	3	Correlate Area Course	3-5

Correlate Area Course or Free Elective	3-5	Correlate Area Course or Free Elective	3
	15-17		**15-17**

Fourth Year

First Semester	Hours	Second Semester	Hours
CHLH 410	4	KIN 400-level Free Elective	3
KIN 400-level Free Elective	3	CHLH 469	3 or 4
General Education Course	3	Concentration Area Elective or General Education Course	3
Free Elective or General Education Course	3	Concentratio Area Elective or Correlate Area Course	5
Free Elective or Correlate Area Course	3		
	16		**14-15**

Fifth Year

First Semester	Hours	Second Semester	Hours	Summer Semester	Hours
CHLH 568	2	CHLH 550	4	CHLH 587	4
CHLH 572	4	CHLH 573	4	CHLH 589	2
CHLH 576	4	CHLH 581	1		
CHLH 578	4	CHLH 582	4		
CHLH 581	1	Concentration Course of Choice from Approved List	4		
Free Elective from Approved List	4				
	19		**17**		**6**

Total Hours 165-170

Programs in Health & Kinesiology

Undergraduate Programs

- Majors
  - Community Health, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/)
    - optional concentrations
      - Community Health: Health Education & Promotion, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-education-promotion/)
      - Community Health: Health Planning & Administration, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-planning-administration/)
      - Community Health: Rehabilitation Studies, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/rehabilitation-studies/)
  - Kinesiology, BS (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/)
    - optional concentrations
      - Kinesiology: Teacher Certification, BS (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/teacher-certification/)
  - Interdisciplinary Health Sciences, BS (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/)
    - optional concentrations
      - Interdisciplinary Health Sciences: Health & Aging, BS (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-aging/)
      - Interdisciplinary Health Sciences: Heath Behavior Change, BS (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change/)
      - Interdisciplinary Health Sciences: Health Diversity, BS (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity/)
      - Interdisciplinary Health Sciences: Health Technology, BS (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/)
- Minors
  - Disability Studies (http://catalog.illinois.edu/undergraduate/ahs/minors/disability-studies/)
  - Health Administration (http://catalog.illinois.edu/undergraduate/ahs/minors/health-administration/)
  - Health Technology, Interdisciplinary (http://catalog.illinois.edu/undergraduate/ahs/minors/interdisciplinary-health-technology/)
  - Interdisciplinary Aging (http://catalog.illinois.edu/undergraduate/ahs/minors/aging/)
  - Kinesiology (http://catalog.illinois.edu/undergraduate/ahs/minors/kinesiology/)
  - Public Health (http://catalog.illinois.edu/undergraduate/ahs/minors/public-health/)
- Joint Programs
  - Community Health, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mph/)
  - Community Health, BS and Epidemiology, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-epidemiology-mph/)
  - Kinesiology, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mph/)

- Kinesiology, BS and Epidemiology, MPH (p. 1)
- Interdisciplinary Health Sciences, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-public-health-mph/)
- Interdisciplinary Health Sciences, BS and Epidemiology, MPH (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-epidemiology-mph/)

Graduate Programs

- Majors
  - Community Health, MS (http://catalog.illinois.edu/graduate/ahs/community-health-ms/)
  - Community Health, PhD (http://catalog.illinois.edu/graduate/ahs/community-health-phd/)
  - Epidemiology, MPH (http://catalog.illinois.edu/graduate/ahs/epidemiology-mph/)
  - Health Administration, MHA (http://catalog.illinois.edu/graduate/ahs/health-administration-mha/)
  - Health Technology, MS (http://catalog.illinois.edu/graduate/ahs/health-technology-ms/)
  - Kinesiology, MS (http://catalog.illinois.edu/graduate/ahs/kinesiology-ms/)
  - Kinesiology, PhD (http://catalog.illinois.edu/graduate/ahs/kinesiology-phd/)
  - Rehabilitation, MS (http://catalog.illinois.edu/graduate/ahs/rehabilitation-ms/)
  - Public Health, MPH (http://catalog.illinois.edu/graduate/ahs/public-health-mph/)
- Joint Programs
  - Public Health, MPH & Community Health, PhD (http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-community-health-phd/)
  - Public Health, MPH & Food Science & Human Nutrition, PhD (http://catalog.illinois.edu/graduate/aces_ahs/joint-degree/food-science-human-nutrition-phd-public-health-mph/)
  - Public Health, MPH & Kinesiology, PhD (http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-kinesiology-phd/)
  - Public Health, MPH & Nutritional Science, PhD (http://catalog.illinois.edu/graduate/aces_ahs/nutritional-science-phd-public-health-mph/)
  - Public Health, MPH & Social Work, PhD (http://catalog.illinois.edu/graduate/ahs_socw/joint-degree/public-health-mph-social-work-phd/)
  - Public Health, MPH & Urban Planning, MUP (http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mph-urban-planning-mup/)

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Health & Kinesiology
Department of Health & Kinesiology website (https://ahs.illinois.edu/community-health/)
Health & Kinesiology faculty (https://ahs.illinois.edu/kch-directory-update/)

Public Health Program
Department Head: Kim Graber
Director of Graduate Studies: Laura Rice
Director of Program: Pedro Hallal
Public Health website (https://ahs.illinois.edu/mph-home/)
Graduate Office: Julie Jenkins
906 South Goodwin Ave, 112 Freer Hall MC-052, Urbana, IL 61801
(217) 333-1083
Graduate email (jjenkns@illinois.edu)

College of Applied Health Sciences
Applied Health Sciences College Catalog page (http://catalog.illinois.edu/schools/ahs/academic-units/)
Applied Health Sciences College website (http://www.ahs.illinois.edu/)

Admissions
University of Illinois Undergrad Admissions (https://www.admissions.illinois.edu/)
MPH Admissions Questions email (mph-admissions@ahs.illinois.edu)