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/.

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.
Kinesiology, BS & Epidemiology, MPH

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

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/).

Information listed in this catalog is current as of 06/2023
• 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/)

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

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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/)

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Public Health Program
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Director of Graduate Studies: Steven Petruzzello
Director of Program: Pedro Hallal
Public Health Website (https://ahs.illinois.edu/mpphome/)
Graduate Office: Julie Jenkins
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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)

Information listed in this catalog is current as of 06/2023