KINESIOLOGY, BS

for the Bachelor of Science Major in Kinesiology

Department Website: http://www.kch.illinois.edu/
Department Faculty: Kinesiology & Community Health Faculty (https://ahs.illinois.edu/kch-directory/)
College Catalog Page: Applied Health Sciences (http://catalog.illinois.edu/schools/ahs/academic-units/)
College Website: http://www.ahs.illinois.edu/

Programs in Community Health and Kinesiology

Undergraduate Programs:

- major: Community Health, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/)
  - concentration: Community Health: Health Education & Promotion, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-education-promotion/)
  - concentration: Community Health: Health Planning & Administration, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-planning-administration/)
  - concentration: Community Health: Rehabilitation Studies, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-rehabilitation-studies/)

- major: Kinesiology, BS (p. 1)
  - concentration: Kinesiology: Teacher Certification, BS (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/teacher-certification/)

- minor: Kinesiology (http://catalog.illinois.edu/undergraduate/ahs/minors/kinesiology/)

- minor: Disability Studies (http://catalog.illinois.edu/undergraduate/ahs/minors/disability-studies/)

- joint degree: Community Health, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mph/)

- joint degree: Kinesiology, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mph/)

Graduate Programs:

- degree: Kinesiology, MS (http://catalog.illinois.edu/graduate/ahs/ms_kines/)
- degree: Kinesiology, PhD (http://catalog.illinois.edu/graduate/graduate-majors/kinesiology/
doctorate-text)
- degree: Community Health, MS (http://catalog.illinois.edu/graduate/graduate-majors/community-health/ms-comm-health/)
- degree: Rehabilitation, MS (http://catalog.illinois.edu/graduate/graduate-majors/community-health/ms-rehab/)
- degree: Public Health, MPH (http://catalog.illinois.edu/graduate/graduate-majors/community-health/master-pub-health/)

- joint degree: Community Health, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mph/)

- joint degree: Kinesiology, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mph/)

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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Communication Arts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Composition I and an approved speech performance course; or CMN 111 and CMN 112</td>
<td>6-7</td>
<td></td>
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<tr>
<td>Advanced Composition (KIN 340 fulfills requirement)</td>
<td>3</td>
<td></td>
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<tr>
<td><strong>Quantitative Reasoning I &amp; II</strong></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>From the approved campus list</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td><strong>Humanities and Arts</strong></td>
<td></td>
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</tbody>
</table>

Information listed in this catalog is current as of 07/2021
From the approved campus list 6

**Behavioral and Social Sciences**
- KIN 140 Social Sci of Human Movement (Social Science) 3
- KIN 259 Motor Development and Control 3

**Natural Sciences**
- KIN 150 Bioscience of Human Movement (Life Science) 3

From the approved campus physical science list 3

**Cultural Studies**
- From Western Cultures approved campus list 3
- From Non-Western Cultures approved campus list 3
- From U.S. Minority Cultures approved campus list 3
- Foreign language: Completion through the third level of the same language in high school or college

**Anatomy**
- MCB 244 Human Anatomy & Physiology I 5
  & MCB 245 Human Anat & Physiol Lab I 5
- MCB 246 Human Anatomy & Physiology II 5
  & MCB 247 Human Anat & Physiol Lab II 5

**Kinesiology and Community Health Department Core**
- CHLH 101 Introduction to Public Health 3
- KIN 122 Physical Activity and Health 3

**Kinesiology Core Requirements**
- KIN 125 Orientation KIN & Comm Health 1
- KIN 140 Social Sci of Human Movement 3 3
- KIN 150 Bioscience of Human Movement 3 3
- KIN 201 Physical Activity Research Methods 3
- KIN 259 Motor Development and Control 3 3
- KIN 340 Social & Psychological Aspects of Physical Activity 3
- KIN 352 Bioenergetics of Movement 3
- KIN 355 Biomechanics of Human Movement 3

1. *Students pursuing teacher licensure must complete PSYC 100 or PSYC 103 in addition to KIN 259.*
2. *Courses in cultural studies may be completed through other categories where appropriate.*
3. *Fulfills University General Education Requirements*

**Kinesiology Program Guided Electives**

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Elective Kinesiology Courses</td>
<td></td>
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<tr>
<td></td>
<td>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).</td>
<td>12</td>
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<tr>
<td></td>
<td>Correlate Area Studies</td>
<td></td>
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<tr>
<td></td>
<td>Students select a standardized correlate that will prepare them for further education toward their career goals (at least 18 hours).</td>
<td>18</td>
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</tbody>
</table>

**Summary of Degree Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>General Education and supporting coursework</td>
<td>49</td>
</tr>
<tr>
<td></td>
<td>Kinesiology and Community Health Department Core</td>
<td>6</td>
</tr>
</tbody>
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