KINESIOLOGY MINOR
for the Undergraduate Minor in 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 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.

To obtain a minor, students must complete 12 hours of foundational courses and 9 hours within an area of specialization, including at least 6 hours of 300- and 400-level courses. To learn more, visit the Kinesiology minor website (https://ahs.illinois.edu/kinesiology-minor/).

To declare the minor or ask questions about the requirements, please contact: HK-minors@illinois.edu

Minimum required course work: Students must complete 12 hours of foundational courses and 9 hours within an area of specialization, including at least 6 hours of 300- and 400-level courses. Minimum hours required for completion: 21 hours.

Foundational Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 122</td>
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<td>3</td>
</tr>
<tr>
<td>KIN 140</td>
<td></td>
<td>3</td>
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<tr>
<td>KIN 160</td>
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<td>3</td>
</tr>
<tr>
<td>KIN 201</td>
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<tr>
<td><strong>Total Hours</strong></td>
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<td><strong>12</strong></td>
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</table>

Specialization Areas (choose one) ¹:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td><strong>Exercise Psychology &amp; Health Behavior</strong></td>
<td></td>
<td></td>
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<tr>
<td>Required advanced level courses:</td>
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<td>6</td>
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<td>KIN 340</td>
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<tr>
<td>KIN 448</td>
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<tr>
<td>Electives (choose at least 1):</td>
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<td>KIN 247</td>
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<tr>
<td>KIN 443</td>
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<td>KIN 447</td>
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<td>KIN 474</td>
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<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td><strong>Exercise Physiology</strong></td>
<td></td>
<td></td>
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<tr>
<td>Required advanced level courses:</td>
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<td>6</td>
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<tr>
<td>KIN 150</td>
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<tr>
<td>KIN 352</td>
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<td></td>
</tr>
<tr>
<td>Electives (choose at least 1):</td>
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<td>3</td>
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</tbody>
</table>

¹ Students are allowed to enroll in courses outside their areas as needed based on advisor approval.

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, 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 & Disability 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/)

Information listed in this catalog is current as of 05/2024
• 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: Health 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 (p. 1)
  • 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-mp/)
  • Community Health, BS and Epidemiology, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-epidemiology-mp/)
  • Kinesiology, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mp/)
  • Kinesiology, BS and Epidemiology, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-epidemiology-mp/)
  • Interdisciplinary Health Sciences, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-public-health-mp/)
  • Interdisciplinary Health Sciences, BS and Epidemiology, MPH (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-epidemiology-mp/)

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-mp/)
  • 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-mp/)

• Joint Programs
  • Public Health, MPH & Community Health, PhD (http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-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-mp/)
  • Public Health, MPH & Kinesiology, PhD (http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-kinesiology-phd/)
  • Public Health, MPH & Nutritional Science, PhD (http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-nutritional-science-phd/)
  • Public Health, MPH & Social Work, PhD (http://catalog.illinois.edu/graduate/ahs_socw/joint-degree/public-health-mp-social-work-phd/)
  • Public Health, MPH & Urban Planning, MUP (http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mp-urban-planning-mup/)

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**Health & Kinesiology**
Kinesiology Department website (http://www.kch.illinois.edu/)
Health & Kinesiology Faculty (https://ahs.illinois.edu/kch-directory-update/)

**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/)

To declare the minor or ask questions about the requirements, please contact:
Dr. Andiara Schwingel (andiara@illinois.edu), Dr. Whitney Wolff (wolffw@illinois.edu), or Staci Baxley (slsears@illinois.edu); 217-333-2307.