

# 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 about obtaining a minor in Kinesiology, please visit here (<https://ahs.illinois.edu/kinesiology-minor/>).

for the Undergraduate Minor in Kinesiology

To declare the minor or ask questions about the requirements, please contact:

Alicia Richards, M.S.; [alrich17@illinois.edu](mailto:alrich17@illinois.edu); 217-300-1058

**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

Code	Title	Hours
KIN 122	Physical Activity and Health	3
KIN 140	Social Sci of Human Movement	3
KIN 160	Introduction to Kinesiology	3
KIN 201	Physical Activity Research Methods	3
<b>Total Hours</b>		<b>12</b>

## Specialization Areas (choose one)<sup>1</sup>:

Code	Title	Hours
<b>Exercise Psychology &amp; Health Behavior</b>		
Required advanced level courses:		6
KIN 340	Social & Psychological Aspects of Physical Activity	
KIN 448	Exercise & Health Psychology	
Electives (choose at least 1):		3
KIN 247	Intro to Sport Psychology	
KIN 443	Psychophysiology in Ex & Sport	
KIN 447	Psych of Sport Performance	
KIN 474	Tech-Driven Health Intervention	
<b>Exercise Physiology</b>		
Required advanced level courses:		6
KIN 150	Bioscience of Human Movement	

KIN 352	Bioenergetics of Movement	
Electives (choose at least 1):		3

KIN 451	Skeletal Muscle Physiology	
KIN 452	Clin & Applied Ex Physiology	
KIN 453	Nutrition for Performance	
KIN 470	Exercise Endocrinology	

### Teaching & Coaching Physical Activity

Required advanced level courses:		6
KIN 361	Curriculum in Grades K-6	
KIN 362	Curriculum in Grades 7-12	

Electives (choose at least 1):		3
KIN 360	Adapted Physical Education	
KIN 363	Instructional Strategies in PE	
KIN 369	Coaching Strategies	
KIN 460	Technology & Pedagogical KINES	

### Biomechanics

Required advanced level courses:		6
KIN 355	Biomechanics of Human Movement	
KIN 457	Motor Learning & Control	

Electives (choose at least 1):		3
KIN 259	Motor Development and Control	
KIN 473	Skill Acquisition Strategies	

### Cultural & Interpretive Studies

Required advanced level courses:		6
KIN 249	Sport & Modern Society	
KIN 346	Case Study: Endless Summer	

Electives (choose at least 1):		3
KIN 401	Measure & Eval in Kinesiology	
KIN 442	Body, Culture & Society	
KIN 473	Skill Acquisition Strategies	

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

## Programs in Kinesiology and Community Health

### 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: 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/>)
  - 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/](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/aces\\_ahs/nutritional-science-phd-public-health-mp/](http://catalog.illinois.edu/graduate/aces_ahs/nutritional-science-phd-public-health-mp/))
  - Public Health, MPH & Social Work, PhD ([http://catalog.illinois.edu/graduate/ahs\\_socw/joint-degree/public-health-mp-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/](http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mp-urban-planning-mup/))

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### Kinesiology and Community Health

Kinesiology Department Website (<http://www.kch.illinois.edu/>)  
 Kinesiology & Community Health 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/>)

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### Graduate Programs

- Majors
  - Community Health, MS (<http://catalog.illinois.edu/graduate/ahs/community-health-ms/>)