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/).

To declare the minor or ask questions about the requirements, please contact:
Alicia Richards, M.S.; 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 122</td>
<td>Physical Activity and Health</td>
<td>3</td>
</tr>
<tr>
<td>KIN 140</td>
<td>Social Sci of Human Movement</td>
<td>3</td>
</tr>
<tr>
<td>KIN 160</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 201</td>
<td>Physical Activity Research Methods</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total Hours</strong></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>

Specialization Areas (choose one)

Exercise Psychology & Health Behavior

Required advanced level courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 340</td>
<td>Social &amp; Psychological Aspects of Physical Activity</td>
<td>6</td>
</tr>
<tr>
<td>KIN 448</td>
<td>Exercise &amp; Health Psychology</td>
<td></td>
</tr>
</tbody>
</table>

Electives (choose at least 1):

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 247</td>
<td>Intro to Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 443</td>
<td>Psychophysiology in Ex &amp; Sport</td>
<td></td>
</tr>
<tr>
<td>KIN 447</td>
<td>Psych of Sport Performance</td>
<td></td>
</tr>
<tr>
<td>KIN 474</td>
<td>Tech-Driven Health Intervention</td>
<td></td>
</tr>
</tbody>
</table>

Exercise Physiology

Required advanced level courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 150</td>
<td>Bioscience of Human Movement</td>
<td>6</td>
</tr>
<tr>
<td>KIN 352</td>
<td>Bioenergetics of Movement</td>
<td></td>
</tr>
</tbody>
</table>

Electives (choose at least 1):

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 451</td>
<td>Skeletal Muscle Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 452</td>
<td>Clin &amp; Applied Ex Physiology</td>
<td></td>
</tr>
<tr>
<td>KIN 453</td>
<td>Nutrition for Performance</td>
<td></td>
</tr>
<tr>
<td>KIN 470</td>
<td>Exercise Endocrinology</td>
<td></td>
</tr>
</tbody>
</table>

Teaching & Coaching Physical Activity

Required advanced level courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 361</td>
<td>Curriculum in Grades K-6</td>
<td>6</td>
</tr>
</tbody>
</table>

Information listed in this catalog is current as of 12/2022
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 362</td>
<td>Curriculum in Grades 7-12</td>
</tr>
<tr>
<td>Electives (choose at least 1):</td>
<td></td>
</tr>
<tr>
<td>KIN 360</td>
<td>Adapted Physical Education</td>
</tr>
<tr>
<td>KIN 363</td>
<td>Instructional Strategies in PE</td>
</tr>
<tr>
<td>KIN 369</td>
<td>Coaching Strategies</td>
</tr>
<tr>
<td>KIN 460</td>
<td>Technology &amp; Pedagogical KINES</td>
</tr>
</tbody>
</table>

### 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

1 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 ([link](http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/))
    - optional concentrations
      - Community Health: Health Education & Promotion, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-education-promotion/))
      - Community Health: Health Planning & Administration, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-planning-administration/))
      - Community Health: Rehabilitation Studies, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/rehabilitation-studies/))
  - Kinesiology, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/))
    - optional concentrations
      - Kinesiology: Teacher Certification, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/teacher-certification/))
  - Interdisciplinary Health Sciences, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/))
    - optional concentrations
      - Interdisciplinary Health Sciences: Health & Aging, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-aging/))
      - Interdisciplinary Health Sciences: Health Behavior Change, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change/))
      - Interdisciplinary Health Sciences: Health Diversity, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity/))
      - Interdisciplinary Health Sciences: Health Technology, BS ([link](http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/))

- **Minors**
  - Disability Studies ([link](http://catalog.illinois.edu/undergraduate/ahs/minors/disability-studies/))
  - Health Administration ([link](http://catalog.illinois.edu/undergraduate/ahs/minors/health-administration/))
  - Health Technology, Interdisciplinary ([link](http://catalog.illinois.edu/undergraduate/ahs/minors/interdisciplinary-health-technology/))
  - Interdisciplinary Aging ([link](http://catalog.illinois.edu/undergraduate/ahs/minors/aging/))

---

Information listed in this catalog is current as of 12/2022
• Kinesiology Minor

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

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/)

To declare the minor or ask questions about the requirements, please contact:
Alicia Richards, M.S (alrich17@illinois.edu).
217-300-1058

Information listed in this catalog is current as of 12/2022