

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/>).

for the Undergraduate Minor in Kinesiology

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

Code	Title	Hours
KIN 122		3
KIN 140		3
KIN 160		3
KIN 201		3
Total Hours		12

Specialization Areas (choose one) ¹:

Code	Title	Hours
Exercise Psychology & Health Behavior		
Required advanced level courses:		6
KIN 340		
KIN 448		
Electives (choose at least 1):		3
KIN 247		
KIN 443		
KIN 447		
KIN 474		

Exercise Physiology

Required advanced level courses:	6
KIN 150	
KIN 352	

Electives (choose at least 1):	3
KIN 451	
KIN 452	
KIN 453	
KIN 470	

Teaching & Coaching Physical Activity

Required advanced level courses:	6
KIN 361	
KIN 362	
Electives (choose at least 1):	3
KIN 360	
KIN 363	
KIN 369	
KIN 460	

Biomechanics

Required advanced level courses:	6
KIN 355	
KIN 457	
Electives (choose at least 1):	3
KIN 259	
KIN 473	

Cultural & Interpretive Studies

Required advanced level courses:	6
KIN 249	
KIN 346	
Electives (choose at least 1):	3
KIN 401	
KIN 442	
KIN 473	

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

Programs in Health and 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/>)
- 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-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/>)
 - 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/>)
 - Public Health, MPH & Food Science & Human Nutrition, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/food-science-human-nutrition-phd-public-health-mph/>)
 - Public Health, MPH & Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-kinesiology-phd/>)
 - Public Health, MPH & Nutritional Science, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-nutritional-science-phd/>)
 - Public Health, MPH & Social Work, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-social-work-phd/>)
 - Public Health, MPH & Urban Planning, MUP (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-urban-planning-mup/>)

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Health & Kinesiology

Health and Kinesiology (<https://ahs.illinois.edu/kch-home/>) Department website (<http://www.kch.illinois.edu/>)

Health and 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. Andriana Schwingel (andriara@illinois.edu), Dr. Whitney Wolff (wolffw@illinois.edu), or Staci Baxley (slsears@illinois.edu); 217-333-2307.