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>
<td></td>
<td>3</td>
</tr>
<tr>
<td>KIN 140</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>KIN 160</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>KIN 201</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>

**Specialization Areas (choose one)**

1. Exercise Psychology & Health Behavior

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 340</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>KIN 448</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Electives (choose at least 1):</strong></td>
<td></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td>KIN 247</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIN 443</td>
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<td></td>
</tr>
<tr>
<td>KIN 447</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIN 474</td>
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<td></td>
</tr>
</tbody>
</table>

2. Exercise Physiology

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 150</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>KIN 352</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Electives (choose at least 1):</strong></td>
<td></td>
<td><strong>3</strong></td>
</tr>
</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/community-health-education-promotion/)
      - Community Health: Health Planning & Administration, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/community-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/)

for the Undergraduate Minor in Kinesiology

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 (woolfw@illinois.edu), or Staci Baxley (slsears@illinois.edu); 217-333-2307.

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

Information listed in this catalog is current as of 06/2024