KINESIOLOGY MINOR

department website: http://www.kch.illinois.edu/
department faculty: Kinesiology & Community Health Faculty (http://www.kch.illinois.edu/)
college catalog page: Applied Health Sciences (http://catalog.illinois.edu/schools/ahs/academic-units/)
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

Programs in Community Health and Kinesiology
Undergraduate Programs:
   major: Community Health, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/)
     concentration: Community Health: Health Education & Promotion, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-education-promotion/)
     concentration: Community Health: Health Planning & Administration, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-planning-administration/)
     concentration: Community Health: Rehabilitation Studies, BS (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/rehabilitation-studies/)
   major: Kinesiology, BS (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/)
     concentration: Kinesiology: Teacher Certification, BS (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/teacher-certification/)
   minor: Disability Studies (http://catalog.illinois.edu/undergraduate/ahs/minors/disability-studies/)
   joint degree: Community Health, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mph/)
   joint degree: Kinesiology, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mph/)

Graduate Programs:
   degree: Kinesiology, MS (http://catalog.illinois.edu/graduate/ms_kines/)
   degree: Kinesiology, PhD (http://catalog.illinois.edu/graduate/graduate-majors/kinesiology/#doctoratestext)
   degree: Community Health, MS (http://catalog.illinois.edu/graduate/graduate-majors/community-health/ms-comm-health/)
   degree: Community Health, PhD (http://catalog.illinois.edu/graduate/ahs/community-health-phd/)
   degree: Rehabilitation, MS (http://catalog.illinois.edu/graduate/graduate-majors/community-health/ms-rehab/)
   degree: Public Health, MPH (http://catalog.illinois.edu/graduate/graduate-majors/community-health/master-pub-health/)
   joint degree: Community Health, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mph/)
   joint degree: Kinesiology, BS and Public Health, MPH (http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mph/)

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.

The curriculum combines a comprehensive liberal arts and sciences education with in-depth study in a particular area of interest. The program

Information listed in this catalog is current as of 07/2021
of study provides knowledge and understanding essential for human movement and sport careers in either public or private agencies. The hours required for graduation include prescribed courses for all students as well as requirements determined by the various areas of emphasis selected by the student. Teaching and research emphasize hands-on learning through the use of technology and modern laboratory equipment. Graduates find employment in a variety of fields including teaching-related occupations, corporate fitness, coaching, and athletic training. Many students continue their education and become certified K-12 physical education teachers, physical therapists, physicians, exercise physiologists, and sports psychologists.

for the Undergraduate Minor in Kinesiology

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**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>
</tbody>
</table>

Total Hours: 12

### Specialization Areas (choose one) ¹:

#### Exercise Psychology & Health Behavior

- **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

#### Exercise Physiology

- **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

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