## 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; 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>
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</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>
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**Total Hours**: 12

### Specialization Areas (choose one)

1. **Exercise Psychology & Health Behavior**
   - Required advanced level courses:
     - KIN 340 Social & Psychological Aspects of Physical Activity
     - KIN 448 Exercise & Health Psychology
   - Electives (choose at least 1):
     - KIN 247 Intro to Sport Psychology
     - KIN 443 Psychophysiology in Ex & Sport
     - KIN 447 Psych of Sport Performance
     - KIN 474 Tech-Driven Health Intervention
   - **Hours**: 6

2. **Exercise Physiology**
   - Required advanced level courses:
     - KIN 150 Bioscience of Human Movement
     - KIN 352 Bioenergetics of Movement
   - Electives (choose at least 1):
     - KIN 451 Skeletal Muscle Physiology
     - KIN 452 Clin & Applied Ex Physiology
     - KIN 453 Nutrition for Performance
     - KIN 470 Exercise Endocrinology
   - **Hours**: 6

3. **Teaching & Coaching Physical Activity**
   - Required advanced level courses:
     - KIN 361 Curriculum in Grades K-6
     - KIN 362 Curriculum in Grades 7-12
   - Electives (choose at least 1):
     - KIN 360 Adapted Physical Education
     - KIN 363 Instructional Strategies in PE
     - KIN 369 Coaching Strategies
     - KIN 460 Technology & Pedagogical KINES
   - **Hours**: 6

4. **Biomechanics**
   - Required advanced level courses:
     - KIN 355 Biomechanics of Human Movement
     - KIN 457 Motor Learning & Control
   - **Hours**: 6

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Information listed in this catalog is current as of 08/2022
### Kinesiology Minor

**Electives (choose at least 1):** 3

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>KIN 259</td>
<td>Motor Development and Control</td>
</tr>
<tr>
<td>KIN 473</td>
<td>Skill Acquisition Strategies</td>
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</tbody>
</table>

**Cultural & Interpretive Studies**

**Required advanced level courses:** 6

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>KIN 249</td>
<td>Sport &amp; Modern Society</td>
</tr>
<tr>
<td>KIN 346</td>
<td>Case Study: Endless Summer</td>
</tr>
</tbody>
</table>

**Electives (choose at least 1):** 3

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>KIN 401</td>
<td>Measure &amp; Eval in Kinesiology</td>
</tr>
<tr>
<td>KIN 442</td>
<td>Body, Culture &amp; Society</td>
</tr>
<tr>
<td>KIN 473</td>
<td>Skill Acquisition Strategies</td>
</tr>
</tbody>
</table>

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