

# KINESIOLOGY, BS & PUBLIC HEALTH, MPH

for the degrees of Bachelor of Science in Kinesiology and Master of Public Health in Public Health

The Kinesiology curriculum leads to a bachelor of science degree that will prepare students for careers in human movement-related fields and/or advanced professional or graduate study. The undergraduate program provides the student with a broad general education, a departmental core integral to the understanding of the diverse aspects of human movement, and a correlate area of courses specific to the student's area of concentration within 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 of 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 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, corporate fitness, coaching, and athletic training. Many students continue their education and become physical therapists, physicians, exercise physiologists, and sport psychologists.

A 5 year BS MPH joint degree program is available for students majoring in Community Health, I-Health, or Kinesiology. Students apply for the program in the latter part of their third year (junior year) of study. Students accepted into the BS MPH joint degree program take 12 credit hours of coursework in their senior year that apply to both BS and MPH degrees. In the 5th year of study, students complete the remaining requirements for the MPH degree, and graduate simultaneously with both BS and MPH degrees. The requirements are explained in more detail on the MPH program website (<http://www.mph.illinois.edu/Program/>).

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Only students who have completed their junior year but have not yet completed their senior year are eligible to apply. The curriculum, degree requirements, and faculty for the 5-year BS-MPH program (MPH portion) are the same as the regular MPH program.

The BS-MPH program is accelerated. Students take a heavier course load during the fifth year, called the MPH year. The MPH year consists of one Fall semester, one Spring semester, and one Summer semester.

For students in the Epidemiology concentration, the MPH portion of the degree consists of one Fall semester, one Spring semester, one Summer semester, and a second Fall semester, with students graduating in December.

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## Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information see the corresponding section on the Degree and General Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

### First Year

First Semester	Hours
KIN 125	1
KIN 122 or 101	3
KIN 140 or 150	3
Composition I or CMN 101	4
Correlate Area course	4
	<b>15</b>

### Total Hours 15

### First Year

Second Semester	Hours
CMN 101 (or Composition I)	3
KIN 150 or 140	3
CHLH 101 or 122	3
Language Other Than English (3rd level)	4
Correlate Area course	3
	<b>16</b>

### Total Hours 16

### Second Year

First Semester	Hours
MCB 244	3
MCB 245	2
KIN 201	3
KIN 259 or 340	3
Free Elective course	1
Correlate Area course	3
	<b>15</b>

### Total Hours 15

Second Year	
Second Semester	Hours
MCB 246	3
MCB 247	2
KIN 340 or 259	3
Free Elective course	3
Correlate Area course	3
	<b>14</b>

**Total Hours 14**

Third Year	
First Semester	Hours
KIN 352 or 355	3
KIN 300-level Free Elective	3
General Education course	3
Correlate Area course	3
Correlate Area course or Free Elective	5
	<b>17</b>

**Total Hours 17**

Third Year	
Second Semester	Hours
KIN 355 or 352	3
KIN 300-level Free Elective	3
General Education course	3
Correlate Area course	5
Correlate Area course or Free Elective	3
	<b>17</b>

**Total Hours 17**

Fourth Year	
First Semester	Hours
CHLH 410	4
KIN 400-level Free Elective	3
General Education course	3
General Education course	3
Free Elective or Correlate Area course	3
	<b>16</b>

**Total Hours 16**

Fourth Year	
Second Semester	Hours
KIN 400-level Free Elective	3
CHLH 469	3
General Education course	3
Concentration Area Elective or Correlate Area course	5
	<b>14</b>

**Total Hours 14**

Fifth Year	
First Semester	Hours
CHLH 540	4
CHLH 572	4
CHLH 575	4
CHLH 579	4
CHLH 581	1
	<b>17</b>

**Total Hours 17**

Fifth Year	
Second Semester	Hours
CHLH 550	4
CHLH 573	4
CHLH 577	4
CHLH 581	1
Concentration Course of Choice from Approved List	4
	<b>17</b>

**Total Hours 17**

Fifth Year	
Summer Semester	Hours
CHLH 587	4
CHLH 589	2
	<b>6</b>

**Total Hours 6****Total Hours: 164**

## 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 & Promotion, 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 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 (<http://catalog.illinois.edu/undergraduate/ahs/minors/kinesiology/>)
  - 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-mp/>)
  - Community Health, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-epidemiology-mp/>)
  - Kinesiology, BS and Public Health, MPH (p. 1)
  - Kinesiology, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-epidemiology-mp/>)
  - Interdisciplinary Health Sciences, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-public-health-mp/>)
  - Interdisciplinary Health Sciences, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-epidemiology-mp/>)
  - 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-mp/>)
  - Joint Programs
    - Public Health, MPH & Community Health, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-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-mp/](http://catalog.illinois.edu/graduate/aces_ahs/joint-degree/food-science-human-nutrition-phd-public-health-mp/))
    - Public Health, MPH & Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-kinesiology-phd/>)
    - Public Health, MPH & Nutritional Science, PhD ([http://catalog.illinois.edu/graduate/aces\\_ahs/nutritional-science-phd-public-health-mp/](http://catalog.illinois.edu/graduate/aces_ahs/nutritional-science-phd-public-health-mp/))
    - Public Health, MPH & Social Work, PhD ([http://catalog.illinois.edu/graduate/ahs\\_socw/joint-degree/public-health-mp-social-work-phd/](http://catalog.illinois.edu/graduate/ahs_socw/joint-degree/public-health-mp-social-work-phd/))
    - Public Health, MPH & Urban Planning, MUP ([http://catalog.illinois.edu/graduate/ahs\\_faa/joint-degree/public-health-mp-urban-planning-mup/](http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mp-urban-planning-mup/))

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## Department of Health and Kinesiology

Department of Health and Kinesiology Website (<https://ahs.illinois.edu/community-health/>)

Health and Kinesiology Faculty (<https://ahs.illinois.edu/kch-directory-update/>)

## Public Health Program

Department Head: Kim Graber

Director of Graduate Studies: Laura Rice

Director of Program: Pedro Hallal

Public Health website (<https://ahs.illinois.edu/mp-home/>)

Graduate Office: Julie Jenkins

906 South Goodwin Ave, 112 Freer Hall MC-052, Urbana, IL 61801  
(217) 333-1083

Graduate email: [jjenkns@illinois.edu](mailto:jjenkns@illinois.edu)

## 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/>)

## Admissions

University of Illinois Urbana-Champaign Undergrad Admissions (<https://www.admissions.illinois.edu/>)

[mp-admissions@ahs.illinois.edu](mailto:mp-admissions@ahs.illinois.edu)

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## 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-mp/>)
  - Health Administration, MHA (<http://catalog.illinois.edu/graduate/ahs/health-administration-mha/>)