

KINESIOLOGY: BIOBEHAVIORAL HEALTH SCIENCE, BS

for the Bachelor of Science in Kinesiology, Biobehavioral Health Science concentration

The concentration in Biobehavioral Health Science (BHS) offers a sequenced course of study focused on exercise psychology, health psychology, and health behavior that will prepare students for careers as behavioral interventionists or licensed therapists.

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Graduation Requirements

Minimum hours required for graduation: 120 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300- or 400-level. These hours can be drawn from all elements of the degree. Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (<https://studentcode.illinois.edu/article3/part8/3-801/>) (§ 3-801) and in the Academic Catalog (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

General Education Requirements

Follows the campus General Education (Gen Ed) requirements (<https://courses.illinois.edu/gened/DEFAULT/DEFAULT/>). Some Gen Ed requirements may be met by courses required and/or electives in the program.

Code	Title	Hours
	Composition I	4-6
	Advanced Composition fulfilled by HK 340	3
	Humanities & the Arts (6 hours)	6
	Natural Sciences & Technology (6 hours) fulfilled by HK 150 and any other course approved as Natural Sciences & Technology	6
	Social and Behavioral Sciences (6 hours) fulfilled by HK 140 and HK 250	6
	Cultural Studies: Non-Western Cultures (1 course)	3
	Cultural Studies: US Minority Culture (1 course)	3
	Cultural Studies: Western/Comparative Cultures (1 course)	3
	Quantitative Reasoning (2 courses, at least one must be Quantitative Reasoning I) fulfilled by HK 201 and any other course approved as Quantitative Reasoning I	6-10

Language Requirement (Completion of the third semester or equivalent of a language other than English is required)	0-15
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Major Requirements

Code	Title	Hours
HK 125	Orientation to Health & Kinesiology	1
HK 140	Social Sci of Human Movement	3
HK 150	Bioscience of Human Movement	3
HK 154	Physical Activity, Nutrition, and Health	3
HK 160	Foundations and Careers in Kinesiology	3
HK 201	Health Sciences Research Methods	3
HK 250	Motor Development and Control	3
MCB 244 & MCB 245	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
MCB 246 & MCB 247	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5

Code	Title	Hours
Concentration Requirements		12
HK 340	Social & Psychological Aspects of Physical Activity	3
HK 342	Health Behaviors and Cognition	3
HK 440	Exercise & Health Psychology	3
HK 442	Body, Culture & Society	3
Concentration Electives. Choose three of the following:		9
HK 242	Intro to Sport Psychology	3
HK 300	Health Behavior Theories and Applications	4
HK 341	Health Behaviors and Obesity	3
HK 402	Tech-Driven Health Intervention	3
HK 441	Physical Activity and Chronic Diseases	3
HK 443	Psychophysiology in Ex & Sport	3
HK 445	Sedentary Behavior and Health	3
HK 446	Physical Activity & Diverse Populations	3
HK 449	Health Assessment	3
Experiential Learning Course (HK 351, HK 360, HK 390, HK 391, Maximum HK 472, HK 495)		of 6

Code	Title	Hours
Total Hours		120

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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
Composition I or General Education course	4
HK 125	1
HK 140	3
HK 154	3
Free Elective course	4
Total Hours	15

Total Hours 15

First Year	
Second Semester	Hours
General Education course or Composition I	3
HK 150	3
HK 160	3
General Education course	3
Free Elective course	4
Total Hours	16

Total Hours 16

Second Year	
First Semester	Hours
MCB 244	3
MCB 245	2
HK 201	3
HK 250	3
Language Other Than English (3rd level)	4
Total Hours	15

Total Hours 15

Second Year	
Second Semester	Hours
MCB 246	3
MCB 247	2
General Education course	3
Free Elective course	3
Free Elective course	3
Total Hours	14

Total Hours 14

Third Year	
First Semester	Hours
HK 340	3
HK 342	3
General Education course	3
Free Elective course	3

Free Elective course	3
Total Hours	15

Total Hours 15

Third Year	
Second Semester	Hours
HK 440	3
HK 442	3
Free Elective course	3
General Education course	3
General Education course	3
Total Hours	15

Total Hours 15

Fourth Year	
First Semester	Hours
Concentration Elective	3
Concentration Elective	3
Free Elective course	3
Free Elective course	3
Free Elective course	3
Total Hours	15

Total Hours 15

Fourth Year	
Second Semester	Hours
Concentration Elective	3
General Education course	3
Free Elective course	3
Free Elective course	3
Free Elective course	3
Total Hours	15

Total Hours 15

Total Hours: 120

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1. Content Knowledge: Students will learn and engage with significant theories, models, themes, and ideas within the health and/or kinesiology disciplines.
2. Critical Thinking and Discovery: Students will explore and analyze scientific findings to promote inquiry, generate evidence-based solutions, and create new ideas within health and/or kinesiology disciplines.
3. Awareness and Understanding: Students will be exposed to and engage with a holistic perspective related to the diverse socioeconomic, behavioral, sociocultural, biological, environmental, philosophical, ethical and historical factors that influence health and/or kinesiology.
4. Programming and Assessment: Students will apply evidence-based practices in developing, implementing, and assessing programs and

interventions related to health promotion, physical activity adoption and adherence, and the prevention and management of diseases.

5. Leadership and Engagement: Through a variety of applied learning opportunities, students will demonstrate leadership and effective communication skills, showcase an appreciation of and commitment to health and well-being as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

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Department of Health and Kinesiology

Health and Kinesiology website (<https://hk.illinois.edu/>)

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College of Applied Health Sciences

Applied Health Sciences Website (<https://ahs.illinois.edu/>)

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1206 South 4th Street

Champaign, IL 61820

(217) 333-2131

Email: ahs@illinois.edu

Advising

Advising website (<https://hk.illinois.edu/academics/advising/>)

Admissions

Admissions website (<https://hk.illinois.edu/admissions/>)

(217) 333-2130

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