

# KINESIOLOGY: HEALTH SCIENCES, BS

for the Bachelor of Science in Kinesiology, Health Sciences concentration

The concentration in Health Sciences (HS) was designed for students majoring in Kinesiology who have an interest in graduate or professional degree programs in physical therapy, occupational therapy, medicine, nursing, physician assistant, or other health-oriented careers. This concentration offers a sequenced course of study focused on human movement and rehabilitation but also provides students with flexibility to take courses in which they are interested, or which may be required for admittance to graduate or professional degree programs. While requirements will vary by program, it is important to note that additional coursework will be required for admittance to most graduate or professional degree programs. Students are encouraged to work closely with their advisors when designing their academic programs. For more information on health sciences and/or pre-health resources and opportunities at Illinois, please visit: Pre-Health at Illinois | The Career Center | UIUC.

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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	3
	Humanities & the Arts (6 hours)	6
	Natural Sciences & Technology (6 hours)	6
	fulfilled by HK 150 and any other course approved as Natural Sciences & Technology	
	Social and Behavioral Sciences (6 hours)	6
	fulfilled by HK 140 and HK 250	
	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)	6-10
	fulfilled by HK 201 and any other course approved as Quantitative Reasoning I	
	Language Requirement (Completion of the third semester or equivalent of a language other than English is required)	0-15

## 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

## Concentration Requirements

Code	Title	Hours
HK 352	Bioenergetics of Movement	3
HK 353	Biomechanics of Human Movement	3
HK 354	Musculoskeletal Anatomy	3
HK 457	Motor Learning & Control	3

**Concentration Electives. Choose three courses from the following:** 9

HK 340	Social & Psychological Aspects of Physical Activity	3
HK 438	Mechanisms of Exercise & Sport Injury	3
HK 441	Physical Activity and Chronic Diseases	3
HK 446	Physical Activity & Diverse Populations	3
HK 449	Health Assessment	3
HK 450	Integrative Biology of Exercise	3
HK 455	Exercise Endocrinology	3
HK 458	Rehabilitation Biomechanics	3
HK 459	Physical Activity Across the Lifespan	3

Experiential Learning Course (HK 351, HK 360, HK 390, HK 391, Maximum HK 472, HK 495) of 6

Code	Title	Hours
<b>Total Hours</b>		<b>120</b>

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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
<b>Total Hours</b>	<b>15</b>

### 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
<b>Total Hours</b>	<b>16</b>

### 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
<b>Total Hours</b>	<b>15</b>

### 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
<b>Total Hours</b>	<b>14</b>

### Total Hours 14

### Third Year

First Semester	Hours
HK 352	3
HK 353	3
General Education course	3
Free Elective course	3
Free Elective course	3
<b>Total Hours</b>	<b>15</b>

### Total Hours 15

### Third Year

Second Semester	Hours
HK 354	3
HK 457	3
General Education course	3
Free Elective course	3
General Education course	3
<b>Total Hours</b>	<b>15</b>

### Total Hours 15

### Fourth Year

First Semester	Hours
Concentration Elective	3
Concentration Elective	3
General Education course	3
Free Elective course	3
Free Elective course	3
<b>Total Hours</b>	<b>15</b>

### 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
<b>Total Hours</b>	<b>15</b>

### 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.

*for the Bachelor of Science in Kinesiology, Health Sciences concentration*

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## Department of Health and Kinesiology

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

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Urbana, IL 61801

(217) 333-2461

Email: [hk-business-office@illinois.edu](mailto:hk-business-office@illinois.edu)

## College of Applied Health Sciences

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

110 Huff Hall

1206 South 4th Street

Champaign, IL 61820

(217) 333-2131

Email: [ahs@illinois.edu](mailto:ahs@illinois.edu)

## Advising

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

## Admissions

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

(217) 333-2130

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