

AGING AND HEALTH MINOR

for the Undergraduate Minor in Aging and Health

The Minor in Aging and Health provides students with an interdisciplinary understanding of the aging process and the complex needs of an increasingly older population. Through the integration of biological, psychological, and sociological perspectives, students gain a comprehensive foundation for examining how individuals experience aging across diverse contexts. This minor prepares graduates to contribute meaningfully to careers in healthcare, public policy, community planning, and related fields while fostering a commitment to inclusive and equitable aging experiences.

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Minimum required course work: Students must complete 12 hours of required coursework and 6 hours of elective coursework, including at least 6 hours of 300- or 400-level courses that are not used in any other major or minor.

Code	Title	Hours
Foundational Courses (Required)		12
HK 272	Aging and Health Policy	3
HK 404	Gerontology	3
RST 316	Human Development and Recreation, Sport and Tourism	3
SHS 271	Communication and Aging	3
Elective Courses:		6
HK 271	Health Equity in the United States	3
HK 304	Introduction to Aging	3
HK 342	Health Behaviors and Cognition	3
HK 351	Exercise Instruction & Older Individuals	3
HK 400	Human-Robot Interaction for Health and Wellness	3
HK 403	Technology, Health, and Aging	3
HK 405	Aging with Disability	3
HK 413	Chronic Disease Epidemiology	3
HK 441	Physical Activity and Chronic Diseases	3
HK 459	Physical Activity Across the Lifespan	3
HK 472	Health and Kinesiology Study Abroad	3
RST 335	Leisure and Consumer Culture	3
SHS 352	Hearing Health and Society	3
SHS 480	Understanding Disability and Assistive Technology	2
SOCW 240	Death & Dying	3
Internship or Independent Study— In consultation and upon approval with minor advisor, students may apply up to 3 credit hours towards this requirement.		
Total Hours		18

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1. Describe the biological, psychological, and sociological aspects of the aging process.
2. Develop solutions for an aging population's needs in areas such as personal finance, transportation, increased demands for health care, assisted-living options and recreation.
3. Advocate for age-friendly policies and practices.

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Department of Health and Kinesiology

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Advising

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

Admissions

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