

KINESIOLOGY MINOR

Overview

for the Undergraduate Minor in 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 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 specialization 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-related occupations, corporate fitness, coaching, and athletic training. Many students continue their education and become certified preK-12 physical education teachers, physical therapists, physicians, exercise physiologists, and sports psychologists.

Degree Requirements

for the Undergraduate Minor in Kinesiology

To declare the minor or ask questions about the requirements, please contact:

HK-minors@illinois.edu

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 (Required)

| Code | Title | Hours |
|--------------------|--|-----------|
| 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 |
| Total Hours | | 12 |

Specialization Areas (choose one):

Nine additional hours are required, at least 6 of which must be 300- or 400-level courses.

| Code | Title | Hours |
|---|---|----------|
| Exercise Psychology & Health Behavior | | |
| Required Courses: | | |
| HK 340 | Social & Psychological Aspects of Physical Activity | 3 |
| HK 440 | Exercise & Health Psychology | 3 |
| Electives (choose at least 1): | | |
| HK 242 | Intro to Sport Psychology | 3 |
| HK 342 | Health Behaviors and Cognition | 3 |
| HK 402 | Tech-Driven Health Intervention | 3 |
| HK 441 | Physical Activity and Chronic Diseases | 3 |
| HK 443 | Psychophysiology in Ex & Sport | 3 |
| HK 472 | Health and Kinesiology Study Abroad | 3 |
| Exercise Physiology | | |
| Required Courses: | | |
| HK 352 | Bioenergetics of Movement | 3 |
| HK 452 | Clin & Applied Ex Physiology | 3 |
| Electives (choose at least 1): | | |
| HK 448 | Skeletal Muscle Physiology | 3 |
| HK 450 | Integrative Biology of Exercise | 3 |
| HK 453 | Nutrition for Performance | 3 |
| HK 455 | Exercise Endocrinology | 3 |
| Teaching & Coaching Physical Activity | | |
| Required Courses: | | |
| HK 461 | Elementary Methods in Physical Education | 3 |
| HK 462 | Secondary Methods in Physical Education | 3 |
| Electives (choose at least 1): | | |
| HK 362 | Coaching Strategies | 3 |
| HK 460 | Instructional Strategies in Physical Education | 3 |
| HK 463 | Adapted Physical Education | 3 |
| HK 464 | Technology & Assessment in Physical Education and Sport | 3 |
| Biomechanics | | |
| Required Courses: | | |
| HK 250 | Motor Development and Control | 3 |
| HK 353 | Biomechanics of Human Movement | 3 |
| Electives (choose at least 1): | | |
| HK 354 | Musculoskeletal Anatomy | 3 |
| HK 457 | Motor Learning & Control | 3 |
| HK 458 | Rehabilitation Biomechanics | 3 |
| Social and Cultural Aspects of Sport & Physical Activity | | |
| Required Courses: | | |
| HK 243 | Sport & Modern Society | 3 |
| HK 442 | Body, Culture & Society | 3 |
| Electives (choose at least 1): | | |
| HK 302 | Disability in American Society | 3 |
| HK 446 | Physical Activity & Diverse Populations | 3 |
| HK 472 | Health and Kinesiology Study Abroad | 3 |
| Total Hours | | 9 |

Learning Outcomes

for the Undergraduate Minor in Kinesiology

Upon completion of this program, students will:

1. Demonstrate a strong understanding of foundational knowledge in the different aspects of human movement.
2. Explain physiological, neural, mechanical and psychological factors of the science of exercise and physical activity.
3. Analyze the concepts, theories, research and careers related to major subdisciplines within kinesiology.

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, 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 & Disability 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 (p. 1)
- 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 (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mp/>)
 - 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/>)

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/>)
 - 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/)
 - 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/)
- Public Health, MPH & 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/)

Contact Information

for the Undergraduate Minor in Kinesiology

Health & Kinesiology

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

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

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/>)

To declare the minor or ask questions about the requirements, please contact:

Dr. Andiara Schwingel (andiara@illinois.edu), Dr.

Whitney Wolff (wolffw@illinois.edu), or Staci Baxley

(slsears@illinois.edu); 217-333-2307.