

KINESIOLOGY MINOR

The Kinesiology minor is designed for students from any major who are interested in human movement, physical activity, health, and sport. Whether you are passionate about fitness, coaching, recreation, wellness, or understanding how the body moves and performs, this minor provides a flexible foundation that complements a wide range of career paths.

Students explore topics such as motor skill development, exercise, health, sport, and physical performance while developing practical skills that can be applied in professional and everyday settings. The minor pairs well with majors across campus and is especially valuable for students interested in careers related to sport management, recreation, media, wellness, coaching, media, or community health.

Through kinesiology coursework, students gain a deeper appreciation for the connection between movement, lifelong health, and human potential.

Program Requirements

Code	Title	Credits
HLTH-272	FITNESS AND WELLNESS	3.00
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	3.00
KIN-248	SPORTS MEDICINE	3.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-261	SKILL AND ANALYSIS: COURT SPORTS	1.00
KIN-262	SKILL AND ANALYSIS: FIELD SPORTS	1.00
KIN-269	SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV	1.00
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES	3.00
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
KIN-467	PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS	3.00
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00
Total Credits		28.00