

MINOR IN KINESIOLOGY

Students seeking a Minor in Kinesiology are required to complete the following coursework.

Most courses are offered both face-to-face and online. This minor can also be completed by those students who are 100% online.

Code	Title	Hours
Minor in Kinesiology		
Required Courses		
KINE 1331	Foundations of Kinesiology ¹	3
KINE 2114	Weight Training and Physical Conditioning	1
KINE 2115	Lifetime Health and Wellness ²	1
KINE 3362	Functional Kinesiology ^{1,3}	3
KINE 3364	Motor Learning ¹	3
KINE 3373	Physiology of Exercise ^{1,3,4}	3
Prescribed Electives		
Choose 6 hours advanced ATTR/KINE/SPMT 3000 or 4000 level ¹		6
Select one of the following:		1
KINE 1110	Racquet Sports (tennis/badminton)	
KINE 1113	Basketball and Soccer	
KINE 1114	Rhythmic Activities & Dance	
KINE 1115	Track & Field	
KINE 1117	Lifetime Physical Activities	
KINE 1120	Martial Arts	
KINE 2111	Golf & Recreational Activities	
KINE 2113	Softball and Volleyball	
KINE 2119	Kinesiology Activities	
KINE 2110	Scuba/Diving	
KINE 4117	Practicum ⁵	
Total Hours		21

¹ KINE 1331 is a prerequisite for all upper-level KINE/ATTR/SPMT courses.

² Satisfies one hour in Core Curriculum requirement for Component Area IX (Component Area Option)

³ BIOL 2403 is a prerequisite for this course. Please consider taking this as one of your sciences. Reach out to the professor with any questions.

⁴ BIOL 2403 and BIOL 2404 are prerequisites for this course. Please consider taking these as your sciences. Reach out to the professor with any questions.

⁵ KINE 4117 is a research-based experience course, and you must have a professor willing to work with you on a project. This course may be completed online with instructor and department chair approval.

Notes

Must earn a "C" or better for all ATTR, KINE, and SPMT courses.

KINE 1331 is recommended to be taken during the Freshman or Sophomore year and is a prerequisite for all upper-level KINE courses.

KINE 3362 has prerequisites of KINE 1331 and BIOL 2403 and 45 hours.

KINE 3364 has prerequisites of KINE 1331 and requires 45 hours.

KINE 3373 has prerequisites of KINE 1331, BIOL 2403, BIOL 2404, and 45 hours.

KINE 4117 requires departmental approval.