

# Minor in Kinesiology

The minor requires a minimum of 16 semester hours from the courses below.

Code	Title	Credits
KIN 242	Introduction to Kinesiology	3
<b>Choose two from the following (Scientific Foundations of Kinesiology):</b>		
KIN 332 & 332L	Biomechanics and Biomechanics Laboratory	3
KIN 355	Applied Motor Development	3
KIN 366 & 366L	Motor Learning and Motor Learning Lab	4
KIN 440	Sport and Exercise Psychology	3
KIN 402 & 402L	Exercise Physiology and Exercise Physiology Laboratory	4
<b>Choose one from the following (Cultural and Historical Dimensions of Kinesiology):</b>		
KIN 401	Sport Sociology	3
KIN 415	History of Sporting Experiences in America	3
<b>Choose one from the following (Applications of Kinesiology)</b>		
KIN 207 & 207L	Prevention, Care and Legal Issues for Injury and Prevention, Care and legal Issues for Injury Lab	3
KIN 325	Youth and Children in Sport	3
KIN 326	Fundamentals of Physical Conditioning	3
KIN 375	Strength and Conditioning: Exercise Skills and Teaching Technique	3
KIN 376	Essentials of Personal Training	3
KIN 404	Adapted Physical Activity	3