



Department of Kinesiology

Academic Minors

Kinesiology (General Studies) Minor:

A maximum of six FTWL activity course hours (FT) may count toward the kinesiology minor and at least four semester hours in the minor must be earned in KINS courses at the 300-400 level. KINS 360, 361, 490, 495, and 499 may not be taken toward the general studies minor. Students with majors in the Department of Kinesiology are not eligible to earn the kinesiology general studies minor.

Professional Studies Minor: Professional studies minors are open to all students, however, students majoring in the Department of Kinesiology must make sure that at least 8 credits in the minor are unique from those used to fulfill major requirements.

Exercise & Sport Psychology (20 credits)

Required: (12 credits)

KINS 366 Health Psychology (4)
KINS 386 Social Psych of Sport & Physical Activity (4)
KINS 390 Applied Exercise & Sport Psychology (4)

Select from the following: (4 credits)

PSYC 310 Personality Theories (4)
PSYC 320 Development: Across The Life Span (4)
PSYC 330 Social Psychology (4)

or other approved PSYC course

Prerequisite: PSYC 101 for all PSYC courses listed

Select from the following: (4 credits)

BIOL 444 Neurobiology (4)
KINS 314 Team Bldg for High Performance Teams (4)
KINS 315 Body Image (4)
KINS 324 Physical Activity & Lifespan (4)
KINS 411 Coaching Effectiveness (4)

or other approved elective