



Department of Kinesiology

Academic Minors

Kinesiology (General Studies) Minor:

Select 16 credits of KINS courses. Up to 6 PHED activity course credits may count toward the Kinesiology Minor and at least four credits must be earned in 300-400 level KINS courses. KINS 360, 361, 490 and 495 may not be taken toward the general studies minor. Students with majors in the Department of Kinesiology are not eligible to declare the Kinesiology general studies minor.

Professional Studies Minors: 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.

<p>Coaching (20 credits)</p> <p>KINS 334 Applied Training & Conditioning (2)</p> <p>KINS 390 Applied Exercise & Sport Psychology (4)</p> <p>KINS 411 Principles of Coaching Effectiveness (4)</p>	<p>KINS 320 Nutrition, Health & Performance (4)</p> <p>KINS 314 Team Building for High Performance Teams (4)</p> <p>KINS 361 Coaching Practicum (2)</p> <p>**First Aid and CPR required</p>
<p>Exercise & Sport Psychology (20 credits)</p> <p>Required: (12 credits)</p> <p>KINS 366 Health Psychology (4)</p> <p>KINS 386 Social Psych of Physical Activity (4)</p> <p>KINS 390 Applied Exercise & Sport Psychology (4)</p> <p>Select from the following: (4 credits)</p> <p>PSYC 310 Personality Theories (4)</p> <p>PSYC 320 Development: Across The Life Span (4)</p> <p>PSYC 330 Social Psychology (4)</p> <p>or other approved PSYC course</p>	<p>Prerequisite: PSYC 101 for all PSYC courses listed</p> <p>Select from the following: (4 credits)</p> <p>BIOL 444 Neurobiology (4)</p> <p>KINS 314 Team Bldg for High Performance Teams (4)</p> <p>KINS 315 Body Image (4)</p> <p>KINS 324 Lifespan Physical Activity & Health (4)</p> <p>KINS 411 Coaching Effectiveness (4)</p> <p>or other approved elective</p>
<p>Personal Training (20 credits)</p> <p>KINS 320 Nutrition, Health & Performance (4)</p> <p>KINS 280 Fitness and Recreation Prgrmng & Delivery (4)</p> <p>KINS 334 Applied Training & Conditioning (2)</p>	<p>KINS 360 Professional Practicum (2)</p> <p>KINS 383 Exercise Testing & Prescription (4)</p> <p>KINS 390 Applied Exercise & Sport Psychology (4)</p> <p>**First Aid & CPR Required</p>
<p>Pre-Athletic Training Minor – 18 credits</p> <p>KINS 320 Nutrition, Health and Performance (4)</p> <p>KINS 326 Adapted Physical Activity (4)</p> <p>KINS 486 Kinesiology and Biomechanics* (4)</p>	<p>KINS 380 Exercise Physiology* (4)</p> <p>KINS 360 Practicum (2)</p>