

# KINESIOLOGY MINOR

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## Program Description

The Kinesiology minor will prepare students for careers and future studies in the field of Kinesiology. Kinesiology can be defined as the study of physical activity and its outcomes, ranging from social impacts to health and wellness implications. Combined with majors in business, municipal or state services, and biological and health sciences, the Kinesiology minor provides a robust examination of this vital area of health and fitness increasing the viability of these already strong curricular offerings.

## Requirements

Code	Title	Hours
KINS 101	Foundations in Kinesiology	3
KINS 140	Health and Fitness	3
KINS 265	Personal Fitness Training	3
KINS 275	Nutrition Sprt Exer Performnce	3
KINS 332	Health Promotions	3
KINS 428	Psych Exercise/Rehabilitation	3
KINS 434	Neurological Basics Motor Lrn	3
KINS 444	Exercise Prescription	3
<b>Total Hours</b>		<b>24</b>