

MINOR IN KINESIOLOGY

The Minor in Kinesiology provides students a core of basic and applied knowledge in kinesiology. The foundational course, KN 248 Wellness Concepts and Applications, is required. Students, then work with a kinesiology faculty advisor to select an additional 12 credits of KN coursework of interest to the student. The elective courses enhance the student's understanding of physical activity and human movement and often apply directly to the student's personal health, wellness, and physical activity journey.

Minor Requirements

The minor in Kinesiology consists of 15 hours of Kinesiology coursework. The courses must include:

Code	Title	Hours
Required Courses Inside Department		
KN 248	Wellness Concepts and Applications	3
KN XXX	Kinesiology courses ¹	12
Total Hours		15

¹ At least 9 KN credits at upper division level.