

# MINOR IN KINESIOLOGY

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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     |
|-------------------------------------------|------------------------------------|-----------|
| <b>Required Courses Inside Department</b> |                                    |           |
| KN 248                                    | Wellness Concepts and Applications | 3         |
| KN XXX                                    | Kinesiology courses <sup>1</sup>   | 12        |
| <b>Total Hours</b>                        |                                    | <b>15</b> |

<sup>1</sup> At least 9 KN credits at upper division level.