



KINESIOLOGY MINOR

AT THE UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The Kinesiology Program is committed to the study and research of human movement in all its dimensions. Undergraduate study focuses on exercise stress, movement efficiency, and fitness; the social, cultural, and psychological aspects of participation in physical activity and sport; coordination, control and skill physical activity; physical growth, development, and body form throughout the lifespan; and the instructional process of teaching/coaching of physical activity and sport.

12 hours Foundational Coursework

9 hours Specialization Coursework

21 hours min. Required for Completion

Students must complete 12 hours of foundational courses and 9 hours within an area of specialization, including at least 6 hours of 300- and 400-level courses.

Specialization Areas

Exercise Psychology & Health Behavior

Exercise Physiology

Teaching & Coaching Physical Activity

Biomechanics

Cultural & Interpretive Studies

More Info

<https://go.illinois.edu/KINminor>

Advising: 217-333-2461