Kinesiology, Minor

NHKINMIN

Description

The minor program in kinesiology introduces students to the concepts, theories, research and careers related to the four major subdisciplines of kinesiology (motor behavior, exercise and health psychology, biomechanics and exercise physiology). Students in the minor select one of these four subdisciplinary areas as the area of emphasis on which to focus in the upper-division requirements for the minor.

At a Glance

- **College/School:** [College of Health Solutions](#)
- **Location:** Downtown Phoenix campus, ASU@Lake Havasu

Program Requirements

[Minor Map (Archives)](#)

**2021 - 2022 Minor Map**

18 credit hours are required for the minor. Students begin by taking KIN 101 Introduction to Kinesiology and KIN 290 Introduction to Evidence-Based Practice. After this, students will select a track in one of the four subdisciplines.

*All track courses must come from a single track.

**Required Core Courses for all Tracks -- 6 credit hours**

KIN 101: Introduction to Kinesiology (3)
KIN 290: Introduction to Evidence-Based Practice (L) (3)

**Biomechanics Track:**

Biomechanics Required Course -- 3 credit hours
KIN 335: Biomechanics (3)

Biomechanics Track Electives (choose three) -- 9 credit hours

KIN 334: Functional Anatomy and Kinesiology (3)
KIN 412: Biomechanics of the Skeletal System (3)
KIN 415: Theory of Corrective Exercise (3)
KIN 418: Experimental Neuromechanics (3)
KIN 494: Functional Anatomy of Low Back Pain (3)

Exercise Physiology Track:

Exercise Physiology Track Required Course -- 3 credit hours

KIN 340: Physiology of Exercise (3)

Exercise Physiology Track Electives (choose three) -- 9 credit hours

KIN 334: Functional Anatomy and Kinesiology (3)
KIN 440: Exercise Biochemistry (3)
KIN 441: Physiology of Women in Sport (L) (3)
KIN 442: Fuel Metabolism (3)
KIN 443: Exercise Endocrinology (L) (3)
KIN 444: Metabolic Adaptations to Exercise Training (3)
KIN 446: Pediatric Obesity (3)
KIN 447: ECG Interpretation (3)
KIN 460: Theory of Strength Training (L) (3)
KIN 465: Muscle Physiology (3)
KIN 466: Cardiovascular Exercise Physiology (3)
KIN 494: Advanced Exercise Physiology (3)

Exercise/Health Psychology Track:

Exercise/Health Psychology Track Required Course -- 3 credit hours

KIN 352: Psychosocial Aspects of Physical Activity (SB & C) (3)

Exercise/Health Psychology Track Electives (choose three) -- 9 credit hours

KIN 334: Functional Anatomy and Kinesiology (3)
KIN 348: Psychological Skills for Optimal Performance (SB) (3)
KIN 450: Biopsychosocial Perspectives on Physical Activity and Health (3)
KIN 452: Exercise Psychology (SB) (3)
KIN 454: Motivational Theory in Exercise and Health (3)

Motor Behavior Track:

Motor Behavior Track Required Course -- 3 credit hours

KIN 345: Motor Behavior (3)

Motor Behavior Track Electives (choose three) -- 9 credit hours

KIN 334: Functional Anatomy and Kinesiology (3)
KIN 421: Human Motor Control (L) (3)
KIN 422: Motor Control in Special Populations (L) (3)
KIN 423: Motor Control and Aging (L) (3)
KIN 424: Neural Aspects of Movement and Rehabilitation (3)

Depending on a student's undergraduate program of study, prerequisite courses may be needed in order to complete the requirements of this minor.

Enrollment Requirements

GPA Requirement: 2.00

Incompatible Majors: BS in kinesiology; BS in exercise and wellness (CES); BS in sports science and performance programming

Other Enrollment Requirements: None

Current ASU undergraduate students may pursue a minor and have it recognized on their ASU transcript at graduation. Students interested in pursuing a minor should consult their academic advisor to declare the minor and to ensure that an appropriate set of courses is taken. Minor requirements appear on the degree audit once the minor is added. Certain major and minor combinations may be deemed inappropriate by the college or department of either the major program or the minor. Courses taken for the minor may not count toward both the major and the minor. Students should contact their academic advisor for more information.

Career Opportunities

A minor can help students enhance the marketable skills they acquire in their major program and help them develop additional knowledge and skills, though most career areas do require more training than a minor alone can provide. A kinesiology minor can enhance a student's knowledge of human movement, and this information is valuable for those pursuing careers in the health and medical field.

Contact Information

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