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)

2020 - 2021 Minor Map

18 credit hours are required for the minor. Students will 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 Elective Courses (choose three courses) -- 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 Elective Courses (choose three courses) -- 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 494: Advanced Exercise Physiology (3)
- KIN 494: Cardiovascular 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 Elective Courses (choose three courses) -- 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 and Developmental Learning (3)

Motor Behavior Track Elective Courses (choose three courses) -- 9 credit hours
Depending on a student's undergraduate program of study, prerequisite courses may be needed in order to complete the requirements of this minor.

There are course prerequisites for a number of courses in the minor.

**Enrollment Requirements**

**GPA Requirement:** 2.00

**Incompatible Majors:** BS in kinesiology

**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.

**Contact Information**

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