2021 - 2022 Minor Map
Kinesiology

School/College: College of Health Solutions
Location: Downtown Phoenix campus, ASU@Lake Havasu

Program Requirements

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.