



A minimum of 20 credits of coursework including at least 6 of which are at the 300+ level.

Kinesiology Minor		Gr	Cr
HED284	Nutrition		3
KIN130	Intro. to Strength & Conditioning		3
KIN180	Introduction to Kinesiology		3
One of the following:			
<ul style="list-style-type: none">• KIN273 - Psychological Asp of Phys Activity [PR: KIN180 & PSY101/SOC102]• KIN343 – Sociological Aspects of Health & Phys Activity [PR: KIN180 & PSY101/SOC102]			
KIN			3
One of the following:			
<ul style="list-style-type: none">• KIN311* - Moving & Adapting Bodies [PR: KIN180 or IC]• KIN380W – Biomechanics [PR: BIO264]• KIN382 – Exercise Physiology I [PR: BIO264]			
KIN3			3
Plus at least 5 additional hours of coursework with KIN prefix			
KIN			3
KIN			2-3
TOTAL			

*Students who complete BIO263/264 should not take KIN311.