Twin Cities Campus

Physical Activity and Health Promotion Minor

Kinesiology, School of

College of Education and Human Development

- Program Type: Undergraduate minor related to major
- Requirements for this program are current for Fall 2023
- Required credits in this minor: 16 to 17
- No

The Physical Activity and Health Promotion Minor allows students from different disciplines to explore areas within the world of physical activity, personal health and wellness promotion to support their primary undergraduate program. The purpose of this minor is to provide students with a stronger understanding of how physical activity, personal wellness, and nutrition can be promoted in their professional career and integrated with their current academics. Students will utilize scientific findings to understand the effects of physical activity and health in terms of community health, individual health, and overall wellness. They will focus on the health and physical activity in the context of society and how to create and utilize programs that promote physical activity and wellness.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)

Minor Requirements

Required courses

KIN 3001 - Lifetime Health and Wellness [SOCS] (3.0 cr)
KIN 4214 - Health Promotion (3.0 cr)
EPSY 3801 - The Science of Human Resilience and Wellbeing: Foundational Knowledge for Career and Life Success [SOCS] (3.0 cr)

Nutrition course

Take one nutrition course from the list below or consult with your program coordinator.
FSCN 1112 - Principles of Nutrition [TS] (3.0 cr)
or FSCN 3612 - Life Cycle Nutrition (3.0 cr)
or FSCN 4614W - Community Nutrition [SOCS, DSJ, WI] (3.0 cr)

Physical Activity course(s)

Students need to take 2 or more credits from the following list:
PE 1007 - Swimming For Beginners (1.0 cr)
or PE 1012 - Running for Beginners (1.0 cr)
or PE 1014 - Conditioning (1.0 cr)
or PE 1015 - Weight Training (1.0 cr)
or PE 1016 - Posture and Individual Exercise (1.0 cr)
or PE 1029 *{Inactive}*(1.0 cr)
or PE 1031 - Sabre Fencing (1.0 cr)
or PE 1032 - Badminton (1.0 cr)
or PE 1033 - Foil Fencing (1.0 cr)
or PE 1034 *{Inactive}*(1.0 cr)
or PE 1035 - Karate (1.0 cr)
or PE 1036 - Racquetball (1.0 cr)
or PE 1037 - Squash (1.0 cr)
or PE 1038 - Tennis (1.0 cr)
or PE 1044 - Self-Defense (1.0 cr)
or PE 1045 - Rock Climbing (1.0 cr)
or PE 1046 - Tae Kwon Do (1.0 cr)
or PE 1048 - Bowling (1.0 cr)
or PE 1053 - Ice Skating (1.0 cr)
or PE 1055 - Golf (1.0 cr)
or PE 1057 - Skiing (1.0 cr)
or PE 1058 - Snowboarding (1.0 cr)
or PE 1065 *{Inactive}*(1.0 cr)
or PE 1067 - Basketball (1.0 cr)
or PE 1071 - Beginning Cricket (1.0 cr)
or PE 1072 - Soccer (1.0 cr)
or PE 1074 - Beginning Volleyball (1.0 cr)

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or PE 1076 - Flag Football (1.0 cr)
or PE 1077 *{Inactive}*(1.0 cr)
or PE 1137 *{Inactive}*(1.0 cr)
or PE 1720 - Special Activities in Physical Education (1.0 - 3.0 cr)
or PE 1205 - Scuba and Skin Diving (1.0 cr)
or PE 1262 - Marathon Training (3.0 cr)

Elective Courses

Students must take one additional course from the designated courses. Additional electives will be available in consultation with the School of Kinesiology's health and wellness promotion minor academic advisor.

KIN 5141 - Nutrition and Exercise for Health Promotion and Disease Prevention (3.0 cr)
or KIN 5142 - Applied Nutrition for Sport Performance and Optimal Health (3.0 cr)
or FSOS 1101 - Intimate Relationships [SOCS] (4.0 cr)
or FSOS 3102 - Family Systems and Diversity [SOCS, DSJ] (3.0 cr)
or FSOS 4101 - Sexuality and Gender in Families and Close Relationships (3.0 cr)
or FSOS 4104 - Family Psychology (3.0 cr)
or YOST 1001 - Seeing Youth, Thinking Youth: Media, Popular Media, and Scholarship [CIV] (3.0 cr)
or YOST 2101 - Urban Youth and Youth Issues [DSJ] (4.0 cr)
or CSPH 1001 - Principles of Health and Wellbeing (2.0 cr)
or CSPH 3001 - Introduction to Integrative Healing (3.0 cr)
or CSPH 3101 - Creating Ecosystems of Wellbeing (2.0 cr)
or CSPH 3201 - Introduction to Mindfulness-Based Stress Reduction (2.0 cr)
or CSPH 3301 - Food Choices: Healing the Earth, Healing Ourselves (3.0 cr)
or FSCN 1012 - Sports Nutrition (3.0 cr)
or HMED 3040 - Human Health, Disease, and the Environment in History [HIS] (3.0 cr)
or JOUR 3757 - Principles of Health Communication Strategy (3.0 cr)
or PSY 3206 - Introduction to Health Psychology (3.0 cr)
or PUBH 3106 - Making Sense of Health Studies (2.0 cr)

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