



Twin Cities Campus

Kinesiology B.S.

Kinesiology, School of

College of Education and Human Development

- Program Type: Baccalaureate
- Requirements for this program are current for Spring 2020
- Required credits to graduate with this degree: 120
- Required credits within the major: 69 to 72
- Degree: Bachelor of Science

The bachelor of science (BS) program in kinesiology is a comprehensive, science-based academic degree program centered around the physical, biological, behavioral, and social sciences related to the study of physical activity and human movement. Major coursework includes content focusing on human anatomy and physiology, exercise physiology, movement science, sport history and philosophy, sport sociology, and sport and exercise psychology.

This curriculum provides exceptional academic preparation for students interested in graduate and professional programs in allied health, biomechanics, chiropractic medicine, dentistry, ergonomics, exercise physiology, exercise rehabilitation, human factors and performance, movement science, motor performance, nursing, occupational therapy, physical education teaching licensure, physical therapy, preventative and rehabilitation medicine, sport and exercise psychology, sport management, and sport sociology.

Examples of career choices for graduates with a BS in kinesiology include: athletic performance training, athletic training, sport coaching, exercise testing and prescription in clinical and health settings, personal training in health clubs and corporate settings, pharmaceutical sales, physical and occupational therapy, physical education teaching, public health management, fitness/sport/medical device sales, and wellness and fitness specialist.

Program requirements for the majors at the College of Education and Human Development fulfill a number of the University's required Liberal Education cores and themes. Students have multiple options for fulfilling remaining LE requirements.

Program Delivery

This program is available:

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

Admission Requirements

Students must complete 45 credits before admission to the program.

A GPA above 2.0 is preferred for the following:

- 2.50 already admitted to the degree-granting college
- 2.50 transferring from another University of Minnesota college
- 2.50 transferring from outside the University

To be eligible to apply to the major, students must have:

At least 45 credits completed or in progress

Completed one course from five of the six following categories:

Psychology
Biology course with lab
Chemistry course with lab
Physics course with lab
Introduction to Kinesiology
Human Anatomy

A GPA above 2.0 is required. A GPA of 2.5, or higher, is preferred.

Students transferring into the University of Minnesota must have completed one course from each of the following categories:

Psychology
Biology course with lab
Chemistry course with lab
Physics course with lab

Once admitted to the major, transfer students will be expected to complete the following courses in their first semester:

Introduction to Kinesiology
Human Anatomy



All incoming CEHD Freshman must complete the First-Year Inquiry course EDHD 1525W.

For information about University of Minnesota admission requirements, visit the [Office of Admissions website](#).

Required prerequisites

Psychology

- [PSY 1001](#) - Introduction to Psychology [SOCS] (4.0 cr)
- or [PSY 1001H](#) - Honors Introduction to Psychology [SOCS] (4.0 cr)
- or [EPSY 1281](#) - Psychological Science Applied [SOCS] (4.0 cr)

Biology Course with Lab

- [BIOL 1001](#) - Introductory Biology: Evolutionary and Ecological Perspectives [BIOL] (4.0 cr)
- or [BIOL 1001H](#) - Introductory Biology I: Evolutionary and Ecological Perspectives [BIOL] (4.0 cr)
- or [BIOL 1009](#) - General Biology [BIOL] (4.0 cr)
- or [BIOL 1009H](#) - Honors: General Biology [BIOL] (4.0 cr)
- or [BIOL 1015](#) - Human Physiology, Technology, and Medical Devices [BIOL, TS] (4.0 cr)
- or [FSCN 2021](#) - Introductory Microbiology (4.0 cr)
- or [BIOL 1951H](#) - Foundations of Biology Lecture I for Biological Sciences Majors [BIOL] (4.0 cr)
- or [BIOL 1951](#) - Foundations of Biology Lecture I for Biological Sciences Majors [BIOL] (4.0 cr)
- [BIOL 1961](#) - Foundations of Biology Lab I for Biological Sciences Majors [BIOL] (2.0 cr)

Chemistry Course with Lab

- [CHEM 1015](#) - Introductory Chemistry: Lecture [PHYS] (3.0 cr)
- [CHEM 1017](#) - Introductory Chemistry: Laboratory [PHYS] (1.0 cr)
- or [CHEM 1061](#) - Chemical Principles I [PHYS] (3.0 cr)
- [CHEM 1065](#) - Chemical Principles I Laboratory [PHYS] (1.0 cr)
- or [CHEM 1062](#) - Chemical Principles II [PHYS] (3.0 cr)
- [CHEM 1066](#) - Chemical Principles II Laboratory [PHYS] (1.0 cr)
- or [CHEM 1071H](#) - Honors Chemistry I [PHYS] (3.0 cr)
- [CHEM 1075H](#) - Honors Chemistry I Laboratory [PHYS] (1.0 cr)
- or [CHEM 1072H](#) - Honors Chemistry II [PHYS] (3.0 cr)
- [CHEM 1076H](#) - Honors Chemistry II Laboratory [PHYS] (1.0 cr)

Physics Course with Lab

- [PHYS 1101W](#) - Introductory College Physics I [PHYS, WI] (4.0 cr)
- or [PHYS 1221](#) - Introductory Physics for Life Science Majors I [PHYS] (4.0 cr)
- or [PHYS 1301W](#) - Introductory Physics for Science and Engineering I [PHYS, WI] (4.0 cr)
- or [PHYS 1401V](#) - Honors Physics I [PHYS, WI] (4.0 cr)

Introduction to Kinesiology

- [KIN 1871](#) - Survey of Kinesiology, Physical Activity, Health Promotion, and Sport Management (3.0 cr)

Human Anatomy

- [KIN 3027](#) - Human Anatomy for Kinesiology, Physical Activity, and Health Promotion (4.0 cr)
- or [ANAT 3001](#) - Human Anatomy (3.0 cr)
- or [ANAT 3601](#) - Principles of Human Anatomy (3.0 cr)
- or [ANAT 3611](#) - Principles of Human Anatomy (3.0 cr)

General Requirements

All students are required to complete general University and college requirements including writing and liberal education courses. For more information about University-wide requirements, see the [liberal education requirements](#). Required courses for the major or minor in which a student receives a D grade (with or without plus or minus) do not count toward the major or minor (including transfer courses).

Program Requirements

Core Requirements

- [KIN 3112](#) - Introduction to Biomechanics (4.0 cr)
- [KIN 3126W](#) - Sport and Exercise Psychology [WI] (3.0 cr)
- [KIN 3131W](#) - History and Philosophy of Sport [WI] (3.0 cr)
- [KIN 3132](#) - Introduction to Motor Development Across the Lifespan (3.0 cr)
- [KIN 3135](#) - Introduction to Motor Learning and Control (3.0 cr)
- [KIN 3982](#) - Research Methods in Kinesiology, Physical Activity, Health Promotion + Sport (3.0 cr)



KIN 4385 - Exercise Physiology (4.0 cr)
KIN 3385 - Human Physiology (4.0 cr)
or PHSL 3051 - Human Physiology (4.0 cr)
SMGT 3501 - Sport in a Diverse Society [SOCS, DSJ] (3.0 cr)
or SMGT 3501H - Sport in a Diverse Society: Honors [SOCS, DSJ] (3.0 cr)

Physical Activity Course Requirement

Take 5 credits of physical activity coursework.

Take exactly 5 credit(s) from the following:

- PE 1007 - Swimming For Beginners (1.0 cr)
- PE 1012 - Running for Beginners (1.0 cr)
- PE 1014 - Conditioning (1.0 cr)
- PE 1015 - Weight Training (1.0 cr)
- PE 1016 - Posture and Individual Exercise (1.0 cr)
- PE 1029 *(Inactive)* (1.0 cr)
- PE 1031 - Sabre Fencing (1.0 cr)
- PE 1032 - Badminton (1.0 cr)
- PE 1033 - Foil Fencing (1.0 cr)
- PE 1034 *(Inactive)* (1.0 cr)
- PE 1035 - Karate (1.0 cr)
- PE 1036 - Racquetball (1.0 cr)
- PE 1037 - Squash (1.0 cr)
- PE 1038 - Tennis (1.0 cr)
- PE 1044 - Self-Defense (1.0 cr)
- PE 1045 - Rock Climbing (1.0 cr)
- PE 1046 - Tae Kwon Do (1.0 cr)
- PE 1048 - Bowling (1.0 cr)
- PE 1053 - Ice Skating (1.0 cr)
- PE 1055 - Golf (1.0 cr)
- PE 1057 - Skiing (1.0 cr)
- PE 1058 - Snowboarding (1.0 cr)
- PE 1065 *(Inactive)* (1.0 cr)
- PE 1067 - Basketball (1.0 cr)
- PE 1071 - Beginning Cricket (1.0 cr)
- PE 1072 - Soccer (1.0 cr)
- PE 1074 - Beginning Volleyball (1.0 cr)
- PE 1076 - Flag Football (1.0 cr)
- PE 1137 *(Inactive)* (1.0 cr)
- PE 1146 *(Inactive)* (1.0 cr)
- PE 1154 *(Inactive)* (1.0 cr)
- PE 1205 - Scuba and Skin Diving (1.0 cr)
- PE 1262 - Marathon Training (3.0 cr)
- DNCE 1001 - Modern/Contemporary Dance Technique 1 (1.0 cr)
- DNCE 1010 - Modern/Contemporary Dance Technique 3 (1.0 - 2.0 cr)
- DNCE 1020 - Modern/Contemporary Dance Technique 4 (1.0 - 2.0 cr)
- DNCE 1040 - Modern Dance Partnering Technique (1.0 cr)
- DNCE 1101 - Ballet Technique 1 (1.0 cr)
- DNCE 1102 - Ballet Technique 2 (1.0 cr)
- DNCE 1110 - Ballet Technique 3 (2.0 cr)
- DNCE 1120 - Ballet Technique 4 (2.0 cr)
- DNCE 1201 - Jazz Technique 1 (1.0 cr)
- DNCE 1202 - Jazz Technique 2 (1.0 cr)
- DNCE 1210 - Jazz Technique 3 (1.0 cr)
- DNCE 1220 - Jazz Technique 4 (1.0 cr)
- DNCE 1301 - Tap Technique 1 (1.0 cr)
- DNCE 1302 - Tap Technique 2 (1.0 cr)
- DNCE 1313 - African Based Movement (1.0 cr)
- DNCE 1327 - Argentine Tango (1.0 cr)
- DNCE 1331 - Yoga (1.0 cr)
- DNCE 1335 - T'ai Chi Ch'uan (1.0 cr)
- DNCE 1343 - Urban & Street Dance Forms 1: Introduction (1.0 cr)
- DNCE 1345 - Alexander Technique for Movement Artists (2.0 cr)
- DNCE 1349 - Contact Improvisation (1.0 cr)
- DNCE 1351 - African Diasporic Movement 1 (1.0 cr)
- DNCE 1353 - African Diasporic Movement 3 (1.0 cr)
- DNCE 1354 - African Diasporic Movement 4 (1.0 cr)



- DNCE 3010 - Modern/Contemporary Dance Technique 5 (2.0 cr)
- DNCE 3020 - Modern/Contemporary Dance Technique 6 (2.0 cr)
- DNCE 3110 - Ballet Technique 5 (2.0 cr)
- DNCE 3120 - Ballet Technique 6 (2.0 cr)
- DNCE 3210 - Jazz Technique 5 (1.0 cr)
- DNCE 3220 - Jazz Technique 6 (1.0 cr)
- DNCE 3301 - Tap Technique 3 (1.0 cr)
- DNCE 3302 - Tap Technique 4 (1.0 cr)
- DNCE 3337 *{Inactive}*(2.0 cr)
- DNCE 3351 *{Inactive}*(1.0 cr)
- DNCE 3352 *{Inactive}*(1.0 cr)

Electives Requirement

Students must take a minimum of 12-credits of KIN designated coursework that support the degree program. A minimum of 6 credits must be taken at the 4xxx-5xxx level. No more than 6 credits of field experience coursework (3696, 3993, or 4967) can be used toward the elective credits. Courses that fulfill other kinesiology degree requirements cannot be used towards elective requirements. Student may wish to consult with advisor on course selection.

- KIN 3001 - Lifetime Health and Wellness [SOCS] (3.0 cr)
- or KIN 3114 - Prevention and Care of Athletic Injuries (3.0 cr)
- or KIN 3136 - Mental Skills Training for Sport (3.0 cr)
- or KIN 3505 - Intro to Human-Centered Design (3.0 cr)
- or KIN 3696 - Supervised Practical Experience (1.0 - 10.0 cr)
- or KIN 3993 - Directed Study in Kinesiology (1.0 - 10.0 cr)
- or KIN 3993H *{Inactive}*(1.0 - 10.0 cr)
- or KIN 4001H - Honors Seminar in KIN, PAHP, + SMGT (3.0 cr)
- or KIN 4133 - Perceptual-Motor Control and Learning (3.0 cr)
- or KIN 4134 - The Aging Motor System (3.0 cr)
- or KIN 4136 - Embodied Cognition (3.0 cr)
- or KIN 4214 - Health Promotion (3.0 cr)
- or KIN 4441 - Movement Neuroscience (3.0 cr)
- or KIN 4520 *{Inactive}*(2.0 - 4.0 cr)
- or KIN 4641 - Training Theory & Analytics I for Exercise & Sport Performance (3.0 cr)
- or KIN 4687 - Principles and Theory of Sports Coaching (3.0 cr)
- or KIN 4697 *{Inactive}*(3.0 cr)
- or KIN 4741 - Training Theory & Analytics 2 for Sport Performance (3.0 cr)
- or KIN 5001 - Foundations of Human Factors/Ergonomics (3.0 cr)
- or HUMF 5001 - Foundations of Human Factors/Ergonomics (3.0 cr)
- or KIN 5104 - Physical Activities for Persons with Disabilities (3.0 cr)
- or KIN 5122 - Applied Exercise Physiology (3.0 cr)
- or KIN 5123 - Motivational Interventions in Physical Activity (3.0 cr)
- or KIN 5125 - Advances in Physical Activity and Health (3.0 cr)
- or KIN 5126 - Social Psychology of Sport & Physical Activity (3.0 cr)
- or KIN 5136 - Psychology of Coaching (3.0 cr)
- or 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 KIN 5202 - Current Issues in Health (2.0 cr)
- or KIN 5235 - Advanced Biomechanics II: Kinetics (3.0 cr)
- or RSC 5235 - Advanced Biomechanics II: Kinetics (3.0 cr)
- or KIN 5371 - Sport and Society (3.0 cr)
- or KIN 5385 - Exercise for Healthy Aging & Disease Prevention and Management (3.0 cr)
- or KIN 5435 - Advanced Theory and Techniques of Exercise Science (3.0 cr)
- or KIN 5441 - Applied Sport Science Research (3.0 cr)
- or KIN 5485 - Exercise Testing and Prescription (3.0 cr)
- or KIN 5505 - Human-Centered Design - Principles and Applications (3.0 cr)
- or KIN 5511 - Sport and Gender (3.0 cr)
- or KIN 5585 *{Inactive}*(2.0 cr)
- or KIN 5641 - Scientific Theory and Application of Training and Conditioning in Sport (3.0 cr)
- or KIN 5643 - Applied Motion Capture and Movement Analysis Technology (3.0 cr)
- or KIN 5720 - Special Topics in Kinesiology (2.0 - 4.0 cr)
- or KIN 5723 - Psychology of Sport Injury and Rehabilitation (3.0 cr)
- or KIN 5725 - Organization and Management of Physical Education and Sport (3.0 cr)
- or KIN 5801 - Legal Aspects of Sport and Physical Activity (4.0 cr)
- or KIN 5841 - Elite Performance and Environmental Considerations (3.0 cr)
- or KIN 5941 - Clinical Movement Neuroscience (3.0 cr)

Upper Division Writing Intensive within the Major



Students are required to take one upper division writing intensive course within the major. If that requirement has not been satisfied within the core major requirements, students must choose one course from the following list. Some of these courses may also fulfill other major requirements.

Take 0 - 1 course(s) from the following:

- [KIN 3126W](#) - Sport and Exercise Psychology [WI] (3.0 cr)
- [KIN 3131W](#) - History and Philosophy of Sport [WI] (3.0 cr)