

Minor in Kinesiology

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| KINE 4100 | Motor Learning and Control | |
| Total Units | | 26 |

A minor in Kinesiology will require a person to take 26 units total, 18 units being KINE classes and at least 9 units of Upper Division KINE classes.

Requirements for a minor in Kinesiology (26 units)

Foundation Courses (14)

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| BIOL 2230 | Human Anatomy and Physiology I for Allied Health Majors | 4 |
| BIOL 2240 | Human Anatomy and Physiology II for Allied Health Majors (*GE Category B2) | 4 |
| KINE 2500 | Observational Field Experience in Exercise Science and Allied Health Professions | 2 |
| or KINE 2540 | Field Work in Physical Education and Adapted Physical Education | |
| KINE 2100 | Orientation to Kinesiology | 3 |
| Complete a minimum of one unit: | | 1 |
| KINE 1010A | Individual and Dual Activities: Badminton | |
| KINE 1010E | Individual and Dual Activities: Tennis | |
| KINE 1140A | Physical Fitness and Conditioning Activities: Body Conditioning | |
| KINE 1140C | Physical Fitness and Conditioning Activities: Jogging | |
| KINE 1140D | Physical Fitness and Conditioning Activities: Weight Training | |
| KINE 1140E | Physical Fitness and Conditioning Activities: Yoga | |
| KINE 1200A | Somatic and Martial Arts Activities: Aikido | |
| KINE 1200E | Somatic and Martial Arts Activities: Karate | |
| KINE 1200F | Somatic and Martial Arts Activities: Self-Defense | |
| KINE 1200G | Somatic and Martial Arts Activities: Cardio-Arts | |
| KINE 1200I | Somatic and Martial Arts Activities: Pilates | |
| KINE 1210A | Team Activities: Basketball | |
| KINE 1210C | Team Activities: Soccer | |
| KINE 1210F | Team Activities: Volleyball | |
| KINE 1370A | Aquatic Activities: Swimming | |
| KINE 1370E | Aquatic Activities: Advanced Swimming for Fitness | |
| KINE 1490 | Independent Activity Project | |
| KINE 1500A | Dance Activities: Aerobic | |
| KINE 1500B | Dance Activities: Low-Impact Aerobic | |
| KINE 1500C | Dance Activities: Step Aerobic | |
| KINE 1500D | Dance Activities: Ballet | |
| KINE 1500F | Dance Activities: Jazz | |
| KINE 1500J | Dance Activities: Sampler | |

Kinesiology Electives: (12)

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| Choose a minimum of 12 units: | | 12 |
| KINE 2700 | Introduction to Fitness and Programming | |
| KINE 3100 | Introduction to Adapted Physical Activity | |
| KINE 3200 | Principles of Human Movement | |
| KINE 3400 | Psychology and Sociology of Human Movement | |
| KINE 3500 | Motor Development Across the Lifespan | |
| KINE 3810 | Sport and Exercise Nutrition | |