

# Minor in Kinesiology

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)

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)

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
KINE 4100	Motor Learning and Control

**Total Units 26**