# 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)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 2230</td>
<td>Human Anatomy and Physiology I for Allied Health Majors</td>
<td>4</td>
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<tr>
<td>BIOL 2240</td>
<td>Human Anatomy and Physiology II for Allied Health Majors (*GE Category B2)</td>
<td>4</td>
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<tr>
<td>KINE 2500</td>
<td>Observational Field Experience in Exercise Science and Allied Health Professions</td>
<td>2</td>
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<tr>
<td>or KINE 2540</td>
<td>Field Work in Physical Education and Adapted Physical Education</td>
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<tr>
<td>KINE 2100</td>
<td>Orientation to Kinesiology</td>
<td>3</td>
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Complete a minimum of one unit:

- 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:

- 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