

Kinesiology, Minor

NHKINMIN

Gain a strong foundation of knowledge in the different aspects of human movement. Understand physiological, neural, mechanical and psychological factors of the science of exercise and physical activity.

Description

The minor in kinesiology introduces students to the concepts, theories, research and careers related to the four major subdisciplines of kinesiology:

- biomechanics
- exercise and health psychology
- exercise physiology
- motor behavior

Students in the minor select one of these four subdisciplines as the area of emphasis for the minor's upper-division requirements.

At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#), [ASU at Lake Havasu](#)

Program requirements

[2024 - 2025 Minor Map](#)

[Minor Map \(Archives\)](#)

The minor requires a total of 18 credit hours. A minimum grade of "C" (2.00 on a 4.00 scale) is required for each course.

Students begin by taking KIN 101 Introduction to Kinesiology and KIN 290 Introduction to Evidence-Based Practice. After this, students will select a track in one of the four subdisciplines.

*All track courses must come from a single track.

Required Core Courses for all Tracks -- 6 credit hours

[KIN 101: Introduction to Kinesiology](#) (3)

[KIN 290: Introduction to Evidence-Based Practice \(L\)](#) (3)

Biomechanics Track:

Biomechanics Required Course -- 3 credit hours

[KIN 335: Biomechanics](#) (3)

Biomechanics Track Electives (choose three) -- 9 credit hours

[KIN 334: Functional Anatomy and Kinesiology](#) (3)

[KIN 412: Biomechanics of the Skeletal System](#) (3)

[KIN 415: Theory of Corrective Exercise](#) (3)

[KIN 416: Low Back Pain: Muscles and Movement](#) (3)

[KIN 418: Experimental Neuromechanics \(L\)](#) (3)

Exercise Physiology Track:

Exercise Physiology Track Required Course -- 3 credit hours

[KIN 340: Physiology of Exercise](#) (3)

Exercise Physiology Track Electives (choose three) -- 9 credit hours

[KIN 334: Functional Anatomy and Kinesiology](#) (3)

[KIN 440: Exercise Biochemistry](#) (3)

[KIN 441: Physiology of Women in Sport \(L\)](#) (3)

[KIN 442: Fuel Metabolism](#) (3)

[KIN 443: Exercise Endocrinology \(L\)](#) (3)

[KIN 444: Metabolic Adaptations to Exercise Training](#) (3)

[KIN 447: ECG Interpretation](#) (3)

[KIN 460: Theory of Strength Training \(L\)](#) (3)

[KIN 465: Muscle Physiology](#) (3)

[KIN 466: Cardiovascular Exercise Physiology](#) (3)

Exercise/Health Psychology Track:

Exercise/Health Psychology Track Required Course -- 3 credit hours

[KIN 352: Psychosocial Aspects of Physical Activity \(SOBE OR SB & C\)](#) (3)

Exercise/Health Psychology Track Electives (choose three) -- 9 credit hours

[KIN 334: Functional Anatomy and Kinesiology](#) (3)

[KIN 348: Psychological Skills for Optimal Performance \(SOBE OR SB\)](#) (3)

[KIN 450: Biopsychosocial Perspectives on Physical Activity and Health](#) (3)

[KIN 452: Exercise Psychology \(SOBE OR SB\)](#) (3)

[KIN 454: Motivational Theory in Exercise and Health](#) (3)

Motor Behavior Track:

Motor Behavior Track Required Course -- 3 credit hours

[KIN 345: Motor Behavior](#) (3)

Motor Behavior Track Electives (choose three) -- 9 credit hours

[KIN 334: Functional Anatomy and Kinesiology](#) (3)

[KIN 422: Motor Control in Special Populations \(L\)](#) (3)

[KIN 424: Neural Aspects of Movement and Rehabilitation](#) (3)

Prerequisite courses may be needed in order to complete the requirements of this minor.

Enrollment requirements

GPA Requirement: 2.00

Incompatible Majors: BS in kinesiology; BS in clinical exercise science; BS in sports science and performance programming

Other Enrollment Requirements: None

Current ASU undergraduate students may pursue a minor and have it recognized on their ASU transcript at graduation. Minor requirements appear on the degree audit once the minor is added. Certain major and minor combinations may be deemed inappropriate by the college or department of either the major or the minor program. Courses taken for the minor may not count toward both the major and the minor.

Career opportunities

Minor programs allow students to develop additional competencies that complement the marketable knowledge and skills they acquire in their majors.

A kinesiology minor can enhance a student's knowledge of human movement, which is valuable for individuals pursuing careers in the health and medical field.

Contact information

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