

The Department of Health and Human Performance has a focus on preparing Kinesiology majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness.

A – MINOR REQUIREMENTS – 24 HOURS (9 advanced)

1 – Kinesiology Core – 9 hours

KINE 1301 Wellness
KINE 1306 First Aid and First Responder
KINE 1351 Introduction to Sports and Exercise Science

2 – Kinesiology Advanced Electives – 9 hours (9 advanced)

Choose 9 hours of advanced Kinesiology.

3 – Kinesiology Electives – 6 hours

Choose 4 hours of Kinesiology Activity courses, and complete:

KINE 1200 Swimming