

# KINESIOLOGY, MINOR

The Minor in Kinesiology affords students opportunities to study the multidisciplinary science of human movement. Students interested in health, fitness, exercise, and sport will enjoy this minor.

## Requirements

To declare the Minor in Kinesiology, students must have a minimum UWM GPA of 2.0.

The Minor in Kinesiology involves completing 18 credits of kinesiology coursework. Students must complete the following:

Code	Title	Credits
<b>Required</b>		
KIN 200	Introduction to Kinesiology	3
Select at least 15 credits from the following:		15
KIN 220	Anatomical Kinesiology	
KIN 230	Health Aspects of Exercise and Nutrition	
KIN 320	Biomechanics	
KIN 330	Exercise Physiology	
KIN 335	Exercise Testing: Assessing Physical Fitness	
KIN 336	Principles of Strength and Conditioning	
KIN 337	Exercise Prescription: Principles of Exercise Program Design	
KIN 350	Psychological Aspects of Sport and Exercise	
KIN 351	Sociological Aspects of Health and Human Movement	
KIN 360	Motor Development Across the Lifespan	
KIN 361	Principles of Motor Learning	
KIN 365	Health Aspects of Mind and Body Practices	
KIN 368	Intervention Strategies in Complementary and Integrative Health Approaches	
KIN 400	Ethics and Values in the Health and Fitness Professions	
KIN 440	Innovative Approaches to Health and Wellness Coaching	
KIN 480	Organization and Administration in the Exercise and Fitness Industry	
KIN 520	Clinical & Applied Biomechanics	
KIN 522	Biomechanics of Athletic Performance	
KIN 530	Physiology of Performance	
KIN 531	Clinical Exercise Physiology	
KIN 532	Electrocardiography Interpretation	
KIN 533	Physiology of Performance: Testing and Application	
KIN 534	Physical Activity, Exercise and Health	
KIN 550	Psychological Aspects of Human Movement	

KIN 556	Multilevel Approaches to Changing Physical Activity and Eating Behaviors
KIN 561	Investigating Motor Behavior in Health, Aging, and Disease
KIN 570	Sociological Aspects of Physical Activity
KIN 574	Obesity and Weight Management
KIN 580	Sports Nutrition
Up to 2 credits of FITWELL	

**Total Credits** **18**

To be awarded the Minor in Kinesiology, students will need to earn credit in each course taken and have a minimum GPA of 2.0 in the 18 credits in the Kinesiology minor. Students must satisfy published prerequisites of any course.

Academic advisors within the Zilber College of Public Health Office of Student Affairs will assist students enrolled in the program with the development of career goals and the selection of appropriate courses to further those goals. Please contact the Office of Student Affairs at 414-229-2758.

## Kinesiology Minor Learning Outcomes

Students who complete the Minor in Kinesiology will be able to:

1. Describe, from a multidisciplinary approach, the value and benefits of all forms of physical activity and a healthy lifestyle; and
2. Summarize and apply theoretical and scientific knowledge from multiple Kinesiology subdisciplines such as: biomechanics, exercise physiology, motor behavior, sociological and psychological aspects of physical activity, health, and sport.