

# KINESIOLOGY, BS

for the Bachelor of Science Major in Kinesiology

The Kinesiology curriculum leads to a bachelor of science degree that will prepare students for careers in human movement-related fields and/or advanced professional or graduate study. The undergraduate program provides the student with a broad general education, a departmental core integral to the understanding of the diverse aspects of human movement, and a correlate area of courses specific to the student's area of concentration within Kinesiology.

The Kinesiology program is committed to the study and research of human movement in all its dimensions. Undergraduate study focuses on exercise stress, movement efficiency, and fitness; the social, cultural, and psychological aspects of participation in physical activity and sport; coordination, control, and skill of physical activity; physical growth, development, and body form throughout the lifespan; the effects of therapeutic techniques of Kinesiology upon recovery from physical injury; and the instructional process of teaching/coaching of physical activity and sport.

The curriculum combines a comprehensive liberal arts and sciences education with in-depth study in a particular area of interest. The program of study provides knowledge and understanding essential for human movement and sport careers in either public or private agencies. The hours required for graduation include prescribed courses for all students as well as requirements determined by the various areas of emphasis selected by the student. Teaching and research emphasize hands-on learning through the use of technology and modern laboratory equipment. Graduates find employment in a variety of fields including teaching, corporate fitness, coaching, and athletic training. Many students continue their education and become physical therapists, physicians, exercise physiologists, and sport psychologists.

A 5 year BS MPH joint degree program is available for students majoring in Community Health, I-Health, or Kinesiology. Students apply for the program in the latter part of their third year (junior year) of study. Students accepted into the BS MPH joint degree program take 12 credit hours of coursework in their senior year that apply to both BS and MPH degrees. In the 5th year of study, students complete the remaining requirements for the MPH degree, and graduate simultaneously with both BS and MPH degrees. The requirements are explained in more detail on the MPH program website (<http://www.mph.illinois.edu/Program/>).

for the Bachelor of Science Major in Kinesiology

As of August, the Department of Kinesiology and Community Health is changing its name to the Department of Health and Kinesiology. Students who need information about registration, courses and rubrics can visit this page (<https://publish.illinois.edu/hkcourseinfo/>).

## Requirements Including General Education

The Kinesiology Program requires that General Education requirements must be selected from the Campus General Education course list. The prescribed courses prepare the student for upper division study and may

be used to satisfy General Education requirements provided they are on the appropriate General Education list. Specifically required General Education courses are listed below.

## Requirements Including General Education

The Kinesiology Program requires that General Education requirements must be selected from the Campus General Education course list. The prescribed courses prepare the student for upper division study and may be used to satisfy General Education requirements provided they are on the appropriate General Education list. Specifically required General Education courses are listed below.

Code	Title	Hours
<b>Communication Arts</b>		
Composition I and an approved speech performance course; or CMN 111 and CMN 112		6-7
Advanced Composition (KIN 340 fulfills requirement)		3
<b>Quantitative Reasoning I &amp; II</b>		
From the approved campus list (KIN 201 fulfills QRII requirement)		6
<b>Humanities and Arts</b>		
From the approved campus list		6
<b>Behavioral and Social Sciences</b>		
KIN 140	(Social Science)	3
KIN 259	(Behavioral Science)	3
<b>Natural Sciences</b>		
KIN 150	(Life Science)	3
Courses from the approved campus physical science list		3
<b>Cultural Studies (may be completed through other categories)</b>		
From Western Cultures approved campus list		3
From Non-Western Cultures approved campus list		3
From U.S. Minority Cultures approved campus list		3
<b>Language Other Than English</b>		<b>0-15</b>
Completion through the third level of the same language in high school or college		
<b>Anatomy and Physiology</b>		
MCB 244 & MCB 245	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
MCB 246 & MCB 247	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5
<b>Kinesiology and Community Health Department Core</b>		
CHLH 101		3
KIN 122		3
<b>Kinesiology Core Requirements</b>		
KIN 125		1
KIN 140	(Gen Ed)	3
KIN 150	(Gen Ed)	3
KIN 201	(Gen Ed)	3
KIN 259	(Gen Ed)	3
KIN 340	(Gen Ed)	3
KIN 352		3
KIN 355		3

## Kinesiology Program Guided Electives

Code	Title	Hours
<b>Elective Kinesiology Courses</b>		<b>12</b>
All courses must be at the 200, 300, or 400 level.		
At least six or more hours must be at the 400 level.		
<b>Correlate Area Studies</b>		
Students select a standardized correlate that will prepare them for further education toward their career goals (at least 18 hours).		18
<b>Total Hours</b>		<b>128</b>

for the Bachelor of Science Major in Kinesiology

## Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students are required to meet with an academic advisor each semester to determine the actual course selection and sequence that works best for them based on their academic preparation and career goals/graduate school preparation, and to review remaining degree requirements and plan for upcoming semesters. Course availability is not guaranteed during the semester indicated in the sample sequence. Many factors may affect the plan, some of which include:

- Advanced placement and/or dual credit earned prior to enrollment
- LOTE (Language Other Than English) could be completed in high school
- Degree requires 128 total hours
- Correlate area courses determined by career or graduate program interests and can exceed 18 hour minimum
- Enrichment programming such as study abroad, minors, internships, etc.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information, see the corresponding section on the Degree and General Education Requirements page. (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>)

### First Year

First Semester	Hours	Second Semester	Hours
KIN 125	3	1 CMN 101 or RHET 105	3-4
KIN 140 or 150	3	3 KIN 150 or 140	3
KIN 122 or 101	3	3 CHLH 101 or 122	3
RHET 105 or CMN 101	3-4	4-3 Elective course or Language Other Than English (3rd level)	3-4
Correlate Area course	4	4 Correlate Area course	4
		<b>15</b>	<b>17</b>

### Second Year

First Semester	Hours	Second Semester	Hours
MCB 244	3	3 MCB 246	3
MCB 245	2	2 MCB 247	2
KIN 201	3	3 KIN 340 or 259	3

KIN 259 or 340	3	Free Elective	3
Free Elective	3	Correlate Area course	3
Correlate Area course	3		
		<b>17</b>	<b>14</b>

### Third Year

First Semester	Hours	Second Semester	Hours
KIN 352 or 355	3	3 KIN 355 or 352	3
KIN 300-level elective	3	3 KIN 300-level course	3
General Education Course	3	3 General Education Course	3
Correlate Area course	5	5 Correlate Area course	5
Correlate Area course or Free Elective	3	3 Correlate Area course or Free Elective	3
		<b>17</b>	<b>17</b>

### Fourth Year

First Semester	Hours	Second Semester	Hours
KIN 400-level elective	3	3 KIN 400-level elective	3
General Education Course	3	3 Free Elective or General Education course	3
Free Elective or General Education course	3	3 Free Elective or Correlate Area course	5
Free Elective or Correlate Area course	5	5 Free Elective	3
Free Elective	3		
		<b>17</b>	<b>14</b>

### Total Hours 128

for the Bachelor of Science Major in Kinesiology

1. **Content Knowledge:** Students will know and comprehend the significant theories, models, themes, and ideas in the biomechanical, physiological, behavioral, pedagogical, biological, socioeconomic, environmental, and sociocultural correlates of Kinesiology and Community Health.
2. **Critical Thinking and Discovery:** Students will comprehend and demonstrate ethical practices and the application of scientific findings and/or critical analysis in order to interpret, promote inquiry, propose solutions, and/or create new ideas related to health, rehabilitation, and/or human movement.
3. **Awareness and Understanding:** Students will understand and appreciate the diverse socioeconomic, behavioral, sociocultural, biological, environmental, philosophical, and historical factors that influence health, rehabilitation, and human movement.
4. **Programming and Assessment:** Students will apply best practices in developing, implementing, assessing, and evaluating programs and

interventions related to health promotion, physical activity adoption and adherence, and the prevention and treatment of diseases.

5. **Leadership and Engagement:** Students will demonstrate leadership and effective communication skills, showcasing an appreciation and commitment to health and physical activity as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

---

## Programs in Health and Kinesiology

### Undergraduate Programs

- Majors
  - Community Health, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/>)
    - optional concentrations
      - Community Health: Health Education, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-education-promotion/>)
      - Community Health: Health Planning & Administration, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-planning-administration/>)
      - Community Health: Rehabilitation & Disability Studies, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/rehabilitation-studies/>)
  - Kinesiology, BS (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/>)
    - optional concentrations
      - Kinesiology: Teacher Certification, BS (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/teacher-certification/>)
  - Interdisciplinary Health Sciences, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/>)
    - optional concentrations
      - Interdisciplinary Health Sciences: Health & Aging, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-aging/>)
      - Interdisciplinary Health Sciences: Health Behavior Change, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change/>)
      - Interdisciplinary Health Sciences: Health Diversity, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity/>)
      - Interdisciplinary Health Sciences: Health Technology, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/>)
- Minors
  - Disability Studies (<http://catalog.illinois.edu/undergraduate/ahs/minors/disability-studies/>)
  - Health Administration (<http://catalog.illinois.edu/undergraduate/ahs/minors/health-administration/>)
  - Health Technology, Interdisciplinary (<http://catalog.illinois.edu/undergraduate/ahs/minors/interdisciplinary-health-technology/>)
  - Interdisciplinary Aging (<http://catalog.illinois.edu/undergraduate/ahs/minors/aging/>)
  - Kinesiology (<http://catalog.illinois.edu/undergraduate/ahs/minors/kinesiology/>)

- Public Health (<http://catalog.illinois.edu/undergraduate/ahs/minors/public-health/>)
- Joint Programs
  - Community Health, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mp/>)
  - Community Health, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-epidemiology-mp/>)
  - Kinesiology, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mp/>)
  - Kinesiology, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-epidemiology-mp/>)
  - Interdisciplinary Health Sciences, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-public-health-mp/>)
  - Interdisciplinary Health Sciences, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-epidemiology-mp/>)

---

### Graduate Programs

- Majors
  - Community Health, MS (<http://catalog.illinois.edu/graduate/ahs/community-health-ms/>)
  - Community Health, PhD (<http://catalog.illinois.edu/graduate/ahs/community-health-phd/>)
  - Epidemiology, MPH (<http://catalog.illinois.edu/graduate/ahs/epidemiology-mp/>)
  - Health Administration, MHA (<http://catalog.illinois.edu/graduate/ahs/health-administration-mha/>)
  - Health Technology, MS (<http://catalog.illinois.edu/graduate/ahs/health-technology-ms/>)
  - Kinesiology, MS (<http://catalog.illinois.edu/graduate/ahs/kinesiology-ms/>)
  - Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/kinesiology-phd/>)
  - Public Health, MPH (<http://catalog.illinois.edu/graduate/ahs/public-health-mp/>)
- Joint Programs
  - Public Health, MPH & Community Health, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-community-health-phd/>)
  - Public Health, MPH & Food Science & Human Nutrition, PhD ([http://catalog.illinois.edu/graduate/aces\\_ahs/joint-degree/food-science-human-nutrition-phd-public-health-mp/](http://catalog.illinois.edu/graduate/aces_ahs/joint-degree/food-science-human-nutrition-phd-public-health-mp/))
  - Public Health, MPH & Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-kinesiology-phd/>)
  - Public Health, MPH & Nutritional Science, PhD ([http://catalog.illinois.edu/graduate/aces\\_ahs/nutritional-science-phd-public-health-mp/](http://catalog.illinois.edu/graduate/aces_ahs/nutritional-science-phd-public-health-mp/))
  - Public Health, MPH & Social Work, PhD ([http://catalog.illinois.edu/graduate/ahs\\_socw/joint-degree/public-health-mp-social-work-phd/](http://catalog.illinois.edu/graduate/ahs_socw/joint-degree/public-health-mp-social-work-phd/))

- Public Health, MPH & Urban Planning, MUP ([http://catalog.illinois.edu/graduate/ahs\\_faa/joint-degree/public-health-mph-urban-planning-mup/](http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mph-urban-planning-mup/))

*for the Bachelor of Science Major in Kinesiology*

---

## **Health and Kinesiology**

Health and Kinesiology website (<http://www.kch.illinois.edu/>)

Health and Kinesiology faculty (<https://ahs.illinois.edu/kch-directory-update/>)

## **College of Applied Health Sciences**

Applied Health Sciences College Catalog page (<http://catalog.illinois.edu/schools/ahs/academic-units/>)

Applied Health Sciences College website (<http://www.ahs.illinois.edu/>)