

# KINESIOLOGY AND SPORT PERFORMANCE MINOR

---

College: College of Natural & Health Sciences

A minor in kinesiology and sport performance allows students to develop knowledge of the basics of the kinesiology and sport performance field including biomechanics and physiology. Students who earn a kinesiology and sport performance major cannot also receive a minor in kinesiology and sport performance. Students who wish to pursue the kinesiology and sport performance minor should utilize MATH 104 Quantitative Reasoning to satisfy the computational skill requirement.

## Requirements for the Kinesiology and Sport Performance Minor

To receive the kinesiology and sport performance minor, students must complete the following:

- Complete all required course work (26-29 credits) shown below for the minor; and
- Earn a grade of C- or better in each of the classes utilized to complete the minor; and
- Achieve a minimum overall 2.67 GPA in all courses utilized to complete the minor.

Code	Title	Credits
<b>A. Choose one Combination of Anatomy Courses (5, 7 or 10 credits) 5-10</b>		
KSP 110	Essentials of Human Anatomy and Physiology	
BIOS 105 & BIOS 106	Human Physiology and Anatomy I and Human Physiology and Anatomy II	
BIOS 300 & BIOS 341	Human Functional Anatomy and Mammalian Physiology	
<b>Required Courses</b>		
HLTH 280	Nutrition for Wellness	3
KSP 300	Advanced Sport and Exercise Nutrition	3
KSP 306	Motor Learning and Skill Acquisition	3
KSP 320	Sport and Exercise Psychology	3
KSP 330	Sport and Exercise Biomechanics	4
KSP 340	Sport and Exercise Physiology	4
KSP 415	Scientific Principles of Strength and Conditioning	4
<b>Total Credits</b>		<b>29-34</b>