Coaching and Kinesiology MINORS (2015-2016)
For more info on these minors, prerequisites & course descriptions, please refer to the current JU Academic Catalog

COACHING
KIN 257 Socio Found’ns Health Sci  3 hours
KIN 333 Theory & Practice of Coaching  3

PLUS, after meeting with a Kinesiology faculty advisor, nine (9) credit hours
chosen from the list below:  9
KIN 305 Prin of Group Exercise
KIN 317 Athletic Performance Conditioning
KIN 321 Psychology of Physical Activity
KIN 322 Psychology of Health Behavior
KIN 323 Epidemiology in Health Sciences
KIN 324 Ethics & Policy in Health Sciences
KIN 326 Health Literacy
KIN 330 Fitness Assess & Exercise Prescription
KIN 336 Health & Wellness Life Coaching
KIN 345 Hist’y & Philosophy of Human Movement
KIN 350 Sport Sociology
KIN 355 Motor Behavior
KIN 380 Functional Anatomy & Kinesiology
KIN 391 Prevention & Care of Athletic Injuries
KIN 400 Special Topics in Kinesiology
KIN 427 Nutrition for Physical Activity & Health
KIN 428 Nutrition for Optimal Athletic Perform’ce
KIN 430 Measure & Eval of Human Movement
KIN 450 Resistance Train’g Principles & Practices
KIN 470 Physiology of Human Movement
KIN 475 Adaptive Human Movement Strategies
KIN 485 Biomechanics
KIN 486 Neuromechanics of Human Movement

Total: 15 hours

Note: A minimum grade of “C” is required for all KIN courses. A course taken in fulfillment of the Kinesiology major cannot also be used to satisfy the Coaching minor additional upper division KIN course requirements.

KINESIOLOGY
KIN 256 Biophys Found’ns Health Sci  3 hours

PLUS, after meeting with a Kinesiology faculty advisor, twelve (12) credit hours
chosen from the list below:  12
KIN 305 Prin of Group Exercise
KIN 317 Athletic Performance Conditioning
KIN 321 Psychology of Physical Activity
KIN 322 Psychology of Health Behavior
KIN 323 Epidemiology in Health Sciences
KIN 324 Ethics & Policy in Health Sciences
KIN 326 Health Literacy
KIN 330 Fitness Assess & Exercise Prescription
KIN 336 Health & Wellness Life Coaching
KIN 345 Hist’y & Philosophy of Human Movement
KIN 350 Sport Sociology
KIN 355 Motor Behavior
KIN 380 Functional Anatomy & Kinesiology
KIN 391 Prevention & Care of Athletic Injuries
KIN 400 Special Topics in Kinesiology
KIN 427 Nutrition for Physical Activity & Health
KIN 428 Nutrition for Optimal Athletic Perform’ce
KIN 430 Measure & Eval of Human Movement
KIN 450 Resistance Train’g Principles & Practices
KIN 470 Physiology of Human Movement
KIN 475 Adaptive Human Movement Strategies
KIN 485 Biomechanics
KIN 486 Neuromechanics of Human Movement

Total: 15 hours

Note: A minimum grade of “C” is required for all KIN courses. A course taken in fulfillment of the Kinesiology major cannot also be used to satisfy the Coaching minor additional upper division KIN course requirements.