Coaching and Kinesiology MINORS (2016-2017)

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

**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.