# Coaching and Kinesiology MINORS (2018-2019)

For more info on these minors, prerequisites & course descriptions, please refer to the current JU Academic Catalog

## Coaching

**KIN 187 Seminar in Kinesiology**  
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:*  

- KIN 305 Prin of Group Exercise
- KIN 317 Athletic Performance Conditioning
- KIN 321 Psychology of Physical Activity
- KIN 322 Psychology of Health Behavior
- KIN 324 Epidemiology in Health Sciences
- KIN 326 Ethics & Policy in Health Sciences
- KIN 328 Health Literacy
- KIN 330 Fitness Assess & Exercise Prescription
- KIN 336 Health & Wellness Life Coaching
- KIN 345 History & 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 Performance
- KIN 430 Measure & Eval of Human Movement
- KIN 450 Resistance Training 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 187 Seminar in Kinesiology**  
3 hours

**PLUS,** after meeting with a Kinesiology faculty advisor, twelve (12) credit hours  
*chosen from the list below:*  

- 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 History & 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 Performance
- KIN 430 Measure & Eval of Human Movement
- KIN 450 Resistance Training 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.