

WSU College of Education, Sport, and Human Sciences Kinesiology Minor Requirements

About the Kinesiology Minor

A minor in Kinesiology provides a foundation in understanding the science of movement and physical activity. This knowledge is relevant to many professions in the medical field as well as health and fitness. Students may select courses to meet the minor requirements that meet their interest and/or career path. Students who major in sports medicine cannot be granted a minor in Kinesiology. Students must earn a C or higher in all coursework used for the Kinesiology minor.

Application Requirements

Admitted to a major
Minimum cumulative GPA of 2.75
Earned C or higher in Kines 262*
Completed application form
Meeting with a kinesiology advisor

Required Coursework

Course	Credits	Name	Course Prerequisites
Kines 262*	4	Human Anatomy	≥ 40 ALEKS, C or better in Math 103, or credit/concurrent enrollment in Math 105+

Additional Coursework

Students must choose at least 12 credit hours from the following list; at least 9 must be 300-400 level courses

Course	Credits	Name	Course Prerequisites
Kines 199	3	Human Motor Development	≥ 40 ALEKS, C or better in Math 103, or credit/concurrent enrollment in Math 105+
Kines 201 [HUM]	3	Exploring Meaning in Sport & Movement	
Kines 261	3	Health & Wellness	Sophomore standing
Kines 264	3	Fitness Concepts	C or better in Kines 262 or Bio 315
Kines 305	3	Nutrition Related to Fitness & Sport	C or better in Bio 140 or 333
Kines 311	3	Strength Training	C or better in Kines 262 or Bio 315; C or better in Kines 264
Kines 313	3	Psychological Aspects of Physical Movement	C or better in Psych 105 or Soc 101
Kines 362	3	Qualitative Biomechanics	C or better in Kines 262 or Bio 315; credit for Kines 162, Phys 101, or Phys 201
Kines 380	3	Introduction to Exercise Physiology	C or better in Bio 251 or 353
Kines 384	3	Exercise Prescription for Health & Performance	C or better in Kines 311
Kines 461	3	Motor Learning & Control	C or better in Kines 262 or Bio 315; C or better in Bio 251 or 353
Kines 499	1-4	Special Problems	Approved project with kinesiology faculty