

KINESIOLOGY, MINOR

The Minor in Kinesiology affords students opportunities to study the multidisciplinary science of human movement. Students interested in health, fitness, exercise, and sport will enjoy this minor.

Students who complete the Minor in Kinesiology will be able to:

1. Describe, from a multidisciplinary approach, the value and benefits of all forms of physical activity and a healthy lifestyle; and
2. Summarize and apply theoretical and scientific knowledge from multiple Kinesiology subdisciplines such as: biomechanics, exercise physiology, motor behavior, sociological and psychological aspects of physical activity, health, and sport.

Requirements

To declare the Minor in Kinesiology, students must:

1. Have completed a minimum of 24 credits;
2. Have a minimum UWM GPA of 2.0; and
3. Complete the online declaration form.

The Minor in Kinesiology involves completing 18 credits of kinesiology coursework. Students must:

Code	Title	Credits
Select at least 12 credits from the following: ¹		12
KIN 200	Introduction to Kinesiology	
KIN 220	Anatomical Kinesiology	
KIN 230	Health Aspects of Exercise and Nutrition	
KIN 320	Biomechanics	
KIN 330	Exercise Physiology	
KIN 350	Psychological Aspects of Sport and Exercise	
KIN 351	Sociological Aspects of Health and Human Movement	
KIN 360	Motor Development Across the Lifespan	
KIN 361	Principles of Motor Learning	
Select 6 additional Kinesiology credits level 300 or above		6
Total Credits		18

¹ Declaration of minor is a prerequisite for each of these courses.

To be awarded the Minor in Kinesiology, students will need to earn credit in each course taken and have a minimum GPA of 2.0 in the 18 credits in the Kinesiology minor. Students must satisfy published prerequisites of any course.

Academic advisors within the Zilber College of Public Health Office of Student Affairs will assist students enrolled in the program with the development of career goals and the selection of appropriate courses to further those goals. Please contact the Office of Student Affairs at 414-229-2758.