

KINESIOLOGY MINOR

Banner Code: KNES

Academic Advising

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Admissions & Policies

Admissions

This minor is available to all Mason undergraduate students except those earning a BS in Kinesiology.

Policies

Eight credits of coursework must be unique to the minor and may not be used to fulfill requirements of the student's major, concentration, an undergraduate certificate, or another minor. For policies governing all minors, see AP.5.3.4 Minors.

Requirements

Minor Requirements

Total credits: 18

Required Courses

Code	Title	Credits
ATEP 300	Functional Anatomy	3
KINE 200	Introduction to Personal Training	3
KINE 310	Exercise Physiology I	3
Total Credits		9

Electives

Code	Title	Credits
Select three courses from the following:		9
KINE 100	Introduction to Kinesiology	
KINE 250	Endurance Sport Program Design	
KINE 320	Principles of Human Nutrition	
KINE 350	Exercise Prescription and Programming	
KINE 360	Strength Training: Concepts and Applications	
KINE 370	Exercise Testing and Evaluation	
KINE 380	Exercise Prescription and Programming for Special Populations	
KINE 400	Biomechanics	
KINE 410	Exercise Physiology II	
KINE 420	Sport and Exercise Nutrition	
SPMT 320	Psychology of Sport	
Total Credits		9