

# KINESIOLOGY MINOR

**Banner Code:** KNES

## Academic Advising

Phone: 703-993-7000

Website: <https://kinesiology.gmu.edu/kinesiology/minor/>

This 18-credit minor in kinesiology compliments many other majors at the University, especially those focusing on the health sciences. Students who minor in kinesiology will gain a base knowledge of human movement and the factors which affect it. Along with required courses, students will be able to select nine credits of electives that will best suit their interests.

KINE 400	Biomechanics
KINE 410	Exercise Physiology II
KINE 420	Sport and Exercise Nutrition
SPMT 320	Psychology of Sport
<b>Total Credits</b>	
<b>9</b>	

## 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. Students must complete all coursework with a minimum GPA of 2.00. For policies governing all minors, see AP5.3.4 Minors (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/#ap-5-3-4>).

## Requirements

### Minor Requirements

Total credits: 18

#### Required Courses

Code	Title	Credits
ATEP 300	Functional Anatomy	3
KINE 200	Methods of Exercise Instruction	3
KINE 310	Exercise Physiology I	3
<b>Total Credits</b>		<b>9</b>

#### Electives

Code	Title	Credits
Select three courses from the following:		9
KINE 100	Introduction to Kinesiology	
KINE 250	Endurance Sport Program Design	
KINE 260	Behavior Modification for Physical Activity	
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	