About the Program

A minor in Kinesiology provides students with an opportunity to explore the broad field of physical activity and its impact on health, society, and quality of life. Students can create a program of study which can complement their major and diversify their career path.

Students can select from a variety of courses within the various fields of Kinesiology, which include aquatics, exercise science, physical education and health, and sport administration. The courses will provide students with hands-on learning experiences and include the most current evidence-based knowledge and skills. Instructors have or are currently working in the industry.

www.bsu.edu/kinesiology
Program Requirements

- Successful completion of 15 credit hours as prescribed below.
- Maintain a minimum cumulative GPA of 2.0.

Curriculum Requirements

Kinesiology Core Course (3 credits)

Required: complete the following course:
- EXSC 190 Introduction to Kinesiology (3)

Specialization Courses (12 credits minimum)

Complete 12 credits from any of the following courses:

Aquatics:
- AQUA 215 Intermediate Swimming (1)
- AQUA 216 Lifeguard Training (3)
- AQUA 313 Biomechanics of Aquatics (2)
- AQUA 316 Aquatic Fitness Instructor (3)

Exercise Science:
- EXSC 147 Resistance Training Leadership (3)
- EXSC 201 Human Performance Concepts and Assessments (3) (REC EXSC 147)
- EXSC 303 Group Fitness (3) (REC EXSC 147)
- EXSC 305 Applied Exercise Science Skills (3) (REC EXSC 147)
- EXSC 306 Fitness management (3)
- EXSC 360 Exercise Psychology (3)

Physical Education:
- PEP 161 Foundations and Principles of Health and Physical Education (3)
- PEP 227 Introduction to Adapted P.E./Activity (3)
- PEP 291 Motor Development & Learning (3)

Sport Administration:
- SPTA 290 Revenue Generation in Sport (3)
- SPTA 300 Sport Law (3)
- SPTA 303 Sport Marketing (3)
- SPTA 305 Sport Finance (3)
- SPTA 345 Sport Communication (3)
- SPTA 448 Sport Governance (3)

The information presented here, correct at the time of publication, is subject to change. Ball State University practices equal opportunity in education and employment and is strongly and actively committed to diversity within its community. 555900-17 mc

Connect With Us

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BALL STATE UNIVERSITY
College of Health
School of Kinesiology