

BS in Kinesiology

Program Codes:

20GF0351BS

Degree Requirements

To earn a Bachelor of Science in Kinesiology degree from UIC, students need to complete university, college, and department degree requirements. The Department of Kinesiology and Nutrition degree requirements are outlined below. Students should consult the [College of Applied Health Sciences](#) section for additional degree requirements and college academic policies.

Code	Title	Hours
Summary of Requirements		
	University Writing Requirement	6
	General Education and Basic Sciences	35-36
	Required Major Courses/Kinesiology Core	53
	Experiential Learning	3
	Electives	22-23
	Total Hours	120

University Writing Requirement

Code	Title	Hours
Required Courses		
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
	Total Hours	6

General Education and Basic Sciences

Code	Title	Hours
Required Courses		
BIOS 110	Biology of Cells and Organisms ^a	4
KN 152	Introduction to Exercise Physiology and Health ^a	3
PSCH 100 or KN 150	Introduction to Psychology ^b The Healthy Human	3-4
MATH 121	Precalculus Mathematics	5
CHEM 101	Preparatory Chemistry	4
PHYS 131	Introductory Physics for Life Sciences I ^a	4
	Exploring World Cultures course ^c	3
	Understanding the Creative Arts course ^c	3
	Understanding the Past course ^c	3
	Understanding U.S. Society course ^c	3
	Total Hours	35-36

^a This course is approved for the Analyzing the Natural World General Education category.

^b This course is approved for the Understanding the Individual and Society General Education category.

Required Major Courses/Kinesiology Core

Code	Title	Hours
HN 196	Nutrition	3
KN 100	Kinesiology and Nutrition: First Year Seminar ^a	2
KN 136	Techniques and Principles of Exercise	3
KN 200	Statistical Methods	3
KN 237	Sport and Exercise Psychology	3
KN 243	Exercise Assessment	3
KN 245	Exercise Programming and Instruction	3
KN 251	Human Physiological Anatomy I	5
KN 252	Human Physiological Anatomy II	5
KN 261	Applied Musculoskeletal Anatomy	3
KN 336	Health Coaching	3
KN 352	Physiology of Exercise	4
KN 361	Movement Biomechanics	3
KN 362	Tissue Biomechanics	3
KN 372	Motor Control and Learning	3
KN 491	Professional Preparation	3
KN 495	Senior Seminar	1
	Total Hours	53

^a KN 100 is completed by both first-year and transfer students.

Experiential Learning

Code	Title	Hours
Requirements		
	The Experiential Learning requirement is met through successful completion of 3 hours of KN 299, KN 393, KN 396 and KN 397, KN 398, KN 399, or KN 493.	3
	Total Hours	3

Electives

Code	Title	Hours
Electives		
	Select 22-23 hours of free electives. ^a	22-23
	Total Hours	22-23

^a Electives must include at least two 400-level Kinesiology courses.

Sample Course Schedule

Course	Title	Hours
Freshman Year		
Fall Semester		
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
KN 100	Kinesiology and Nutrition: First Year Seminar	2
CHEM 101	Preparatory Chemistry	4
MATH 121	Precalculus Mathematics	5
	Hours	14

Spring Semester

ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
KN 136	Techniques and Principles of Exercise	3
KN 152	Introduction to Exercise Physiology and Health	3
BIOS 110	Biology of Cells and Organisms	4
KN 200	Statistical Methods	3
Hours		16

Sophomore Year**Fall Semester**

KN 251	Human Physiological Anatomy I	5
HN 196	Nutrition	3
KN 237	Sport and Exercise Psychology	3
General Education course		3
Hours		14

Spring Semester

KN 243	Exercise Assessment	3
KN 252	Human Physiological Anatomy II	5
KN 261	Applied Musculoskeletal Anatomy	3
PSCH 100 or KN 150	Introduction to Psychology or The Healthy Human	3-4
Hours		14-15

Junior Year**Fall Semester**

PHYS 131	Introductory Physics for Life Sciences I	4
KN 245	Exercise Programming and Instruction	3
KN 372	Motor Control and Learning	3
General Education course		3
Free Elective		3
Hours		16

Spring Semester

KN 352	Physiology of Exercise	4
KN 361	Movement Biomechanics	3
KN 491	Professional Preparation	3
Free Electives		5
Hours		15

Senior Year**Fall Semester**

KN 362	Tissue Biomechanics	3
Kinesiology 400-level Elective		3
Free Elective		3
General Education course		3
General Education course		3
Hours		15

Spring Semester

KN 336	Health Coaching	3
KN 495	Senior Seminar	1
Kinesiology 400-level Elective		3
Free Elective(s)		5-6

Experiential Learning

3

Hours**15-16****Total Hours****120**