

Kinesiology (KINS)

Courses required for the first year: None
Courses recommended for the first year: KINS 100
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The Major in Kinesiology

Required Courses

Course Number	Course Name	Learning Perspective/ Suffix	Prerequisites	Usually offered: F, J, SP, SU*	Credits
KINS 100	Introduction to Kinesiology		--	F, SP	4
KINS 250	Sociology of Sport and Physical Culture	PS	--	F	4
KINS 251 or BIOL 351 & 362	Anatomy and Physiology for Kinesiology or Human Anatomy and Human Physiology		BIOL 362 requires BIOL 130-Molecules to Cells	F F,S	4
KINS 300	Exercise Physiology		KINS 100 & (KINS 251 OR BIOL 362)	S	4
KINS 330	Biomechanics		--	F	4
KINS 464	Senior Inquiry		KINS 100, 250, 300, 330	S	4
KINS Elective	KINS Electives*				12*

* If taking both BIOL 351 & BIOL 362, only 8 additional KINS Elective credits are needed.

Additional Recommended Courses

Course Number	Course Name	Learning Perspective/ Suffix	Prerequisites	Usually offered: F, J, SP, SU*	Credits
PHYS 151	Principles of Physics 1	PN	--	F	4

The Minor in Kinesiology

Required Courses

Course Number	Course Name	Learning Perspective/ Suffix	Prerequisites	Usually offered: F, J, SP, SU*	Credits
KINS 100	Introduction to Kinesiology		--	F, SP	4
KINS 250	Sociology of Sport and Physical Culture	PS	--	F	4
KINS 251 or BIOL 351 & 362	Anatomy and Physiology for Kinesiology or Human Anatomy and Human Physiology		BIOL 362 requires BIOL 130-Molecules to Cells	F F,S	4
KINS 300	Exercise Physiology		KINS 100 & (KINS 251 OR BIOL 362)	S	4
KINS 330	Biomechanics		--	F	4
KINS Elective	KINS Electives*				4*

** If taking both BIOL 351 & BIOL 362, no additional KINS Elective credits are needed*

Major Overview

Kinesiology is the interdisciplinary study of human movement and physical activity. Our courses engage with topics from cell to society, providing a wide range of opportunities for students to discover their strengths and passions. As a new program, we hope to provide the connections and experiences that will help students develop creative approaches to the health and wellness concerns of our communities and nation.

The Augustana Kinesiology major is designed to provide a strong foundation for students wishing to enter a variety of health, wellness, and sport-related fields. Additionally, Kinesiology is a common major for students considering advanced study in Physical Therapy, Occupational Therapy, Athletic Training, and other pre-Medical fields.

*Fall, J term, Spring, Summer; see [Academic Calendar](#) for specific dates

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