

KINESIOLOGY AND HEALTH SCIENCE MINOR

Mission

The mission of the Kinesiology and Health Science minor (<https://www.biola.edu/degrees/u/kinesiology-health-science-minor/>) is to serve students with academic interests in health promotion, personal training, group exercise instruction, fitness, and wellness.

Curriculum Requirements

A minor in Kinesiology and Health Science is offered for those with an interest in personal training, group fitness instruction, coaching, recreational leadership or physical education.

Twenty credits beyond the Core Curriculum requirement must be completed; at least 12 of these credits must be upper-division. All courses for the minor must be 200-level or higher.

Code	Title	Credits
Program Courses		
BIOS 254	Human Anatomy	4
KNES 301	Kinesiology	3
Select 13 credits in consultation with a department advisor in order to create a focus area.		13
Total Credits		20