

Kinesiology (KINS)

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| 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 & BIOL-362 | Anatomy and Physiology for Kinesiology or Human Anatomy and Human Physiology | | BIOL-362 requires BIOL-130 Molecules to Cells | F F, SP | 4 |
| KINS-300 | Exercise Physiology | | KINS-100 & (KINS-251 OR BIOL-362) | SP | 4 |
| KINS-330 | Biomechanics | | -- | F | 4 |
| KINS-464 | Senior Inquiry | | KINS-100, KINS-250, KINS-300, KINS-330 | F, SP | 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 & BIOL-362 | Anatomy and Physiology for Kinesiology or Human Anatomy and Human Physiology | | BIOL-362 requires BIOL-130 Molecules to Cells | F F, SP | 4 |
| KINS-300 | Exercise Physiology | | KINS-100 & (KINS-251 OR BIOL-362) | SP | 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

Updated February 2025