# Kinesiology

**Offered As:**
- ☑ Minor

**Open to students of other Faculties:**
- ☑

**What is it about?**
Kinesiology is a multidisciplinary field of study that contributes to the understanding of human movement and physical activity. This minor programme will introduce and expose students to the key subdisciplines of kinesiology including exercise physiology, exercise psychology, motor control and biomechanics, in addition to nutritional aspects of human health and performance.

**Offering Department:**
- School of Biomedical Sciences
- School of Public Health

**Pre-requisite requirements and/or other conditions for declaring the major/minor:**
No pre-requisite requirement

**Minor Programme Requirements:**
- Minor:
  - Students are required to complete 36 credits of the following courses subject to the University’s regulations on credit double-counting:

**Career opportunities:**
This minor programme equips and prepares students for career development in health and fitness industry, research study in exercise science and sports medicine, and for future certification/study and work as exercise-related health professionals such as exercise specialist and physiotherapist.

**Further information:**
[http://sph.hku.hk/kinesiology](http://sph.hku.hk/kinesiology)

**Contact:**
- E: [exhealth@hku.hk](mailto:exhealth@hku.hk)
- P: 3917 9890

* Note: Students pursuing curricula with major / minor programme(s) must complete at least one major programme from their home Faculties upon graduation.

Disclaimer: The information mainly applies to students admitted in 2018-2019 and thereafter. For students from different cohorts, the information is only for reference. Please check with Faculty/offering department for details. The pre-requisite requirements / conditions are subject to changes by Faculties from time to time, and students are advised to check with their Faculty Office in case of doubt.