

# SPORTS INJURY MINOR

This program is available at the following locations:

- Corvallis
- Ecampus

With an emphasis on movement, functioning of the human body, and the effect of sports injuries, the Sports Injury minor is an excellent addition for students interested in careers in healthcare, especially those who seek to treat physically active individuals across the lifespan.

**Minor Code: A070**

Upon successful completion of the program, students will meet the following learning outcomes:

- Describe the role of physical activity in health and wellness.
- Explain scientific concepts related to physical activity.
- Communicate physical activity and/or sports injury concepts effectively to appropriate audiences.
- Distinguish the pathophysiology and mechanics of tissue injury.
- Explore strategies to prevent and minimize sports injuries, illnesses, and other conditions to optimize overall health.
- Describe issues of equity, inclusion, diversity, and social justice in relation to physical activity.

Kinesiology majors may not add the Sports Injury minor. Only non-KIN majors are eligible for this minor. Students must have:

- A minimum OSU GPA of 2.0
- All courses taken for a letter (A-F) grade
- No more than two attempts at any course or prerequisite

Code	Title	Credits
<b>Required Core</b>		
KIN 212	+*SOCIOCULTURAL DIMENSIONS OF PHYSICAL ACTIVITY	4
KIN 225	ANATOMICAL KINESIOLOGY	3
KIN 270	FOUNDATIONS OF SPORT AND EXERCISE PSYCHOLOGY	3
KIN 311	MOTOR LEARNING & SKILL ACQUISITION	4
KIN 321	BIOMECHANICS OF HUMAN MOVEMENT	4
KIN 360	INJURY MANAGEMENT FOR THE PHYSICALLY ACTIVE	3
KIN 483	TISSUE INJURY AND REPAIR	3
Select one course from the following:		3-4
KIN 411	NEUROMUSCULAR CONTROL OF HUMAN MOVEMENT	
KIN 415	+CHALLENGES IN EXERCISE, SPORT, AND HEALTH	
KIN 423	QUALITATIVE MOVEMENT ANALYSIS	
KIN 432	PHYSICAL ACTIVITY ASSESSMENT	
KIN 435	PHYSICAL ACTIVITY PROMOTION	
KIN 450	ADVANCED ANATOMICAL KINESIOLOGY	
<b>Required Supporting Courses</b>		
Select one of the following biology series:		12-15
<b>Series A</b>		
BI 231Z & BI 232Z & BI 233Z	HUMAN ANATOMY AND PHYSIOLOGY I and HUMAN ANATOMY AND PHYSIOLOGY II and HUMAN ANATOMY AND PHYSIOLOGY III	
<b>Series B</b>		
BI 331 & BI 332 & BI 333	ADVANCED HUMAN ANATOMY AND PHYSIOLOGY and ADVANCED HUMAN ANATOMY AND PHYSIOLOGY and ADVANCED HUMAN ANATOMY AND PHYSIOLOGY	

BI 341 & BI 342 & BI 343	ADVANCED HUMAN ANATOMY AND PHYSIOLOGY LABORATORY and ADVANCED HUMAN ANATOMY AND PHYSIOLOGY LABORATORY and ADVANCED HUMAN ANATOMY AND PHYSIOLOGY LABORATORY
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#### Series C

BI 254 & BI 255 & BI 256	PRINCIPLES OF HUMAN ANATOMY AND PHYSIOLOGY and PRINCIPLES OF HUMAN ANATOMY AND PHYSIOLOGY and PRINCIPLES OF HUMAN ANATOMY AND PHYSIOLOGY
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**Total Credits**

**39-43**

- \* Baccalaureate Core course. Applies to general education requirements for undergraduate students in a catalog year up to 2024-2025
- + Core Education course. Applies to general education requirements for undergraduate students in catalog year 2025-2026 and beyond

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