KINESIOLOGY, BS

Are you fascinated by the science of human movement? Then kinesiology might be the major for you. You'll join an exciting department where nationally known faculty are working to deepen our understanding of physical activity, and you'll delve into topics such as anatomy and physiology, biomechanics, psychosocial aspects of sport/exercise, motor development and more. You'll graduate ready to apply your knowledge and skills in professional settings ranging from health care to sports to industry.

Requirements

Requirements for the BS Kinesiology program can be found on the BS Kinesiology webpage (http://uwm.edu/healthsciences/academics/bachelors-kinesiology).

Note: Admission and progression criteria (including curricular requirements) for the BS Kinesiology Program are subject to change. Please contact the Office of Student Affairs, NWQB 6425, (414) 229-2758, for the most current information.

Course of Study

The undergraduate program in the Department of Kinesiology is a four-year curriculum leading to a Bachelor of Science degree in Kinesiology. The program has two tracks, Health Promotion and Exercise Science. Both tracks consist of foundational studies, lab classes, and professional preparation leading to the completion of 120 credits for the Bachelor of Science degree.

Admission and progression criteria (including curricular requirements) for the BS Kinesiology Program are subject to change. Please contact the Office of Student Affairs, NWQB Building B, 6th Floor, 414-229-2758, for the most current information.

Eligibility

Students interested in Kinesiology will remain eligible for continuation in the degree by:

1. Completion of UWM's General Education Requirements (http://catalog.uwm.edu/policies/undergraduate-policies/#generaleducationtext) (students are encouraged to use CHS courses when appropriate);
2. Maintenance of a UWM cumulative grade point average over 2.5;
3. Completion of the Kinesiology Foundation Courses with a grade of C or better. Students may not repeat more than four (4) of the Kinesiology Foundation Courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 200</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 270</td>
<td>Statistics in the Health Professions: Theory and Practice</td>
<td>3</td>
</tr>
<tr>
<td>BIO SCI 202</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>BIO SCI 203</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 100</td>
<td>Chemical Science</td>
<td>4</td>
</tr>
<tr>
<td>COMMUN 103</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>ENGLISH 207</td>
<td>Health Science Writing</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 235</td>
<td>Introduction to Nutrition for the Health Professions</td>
<td>3</td>
</tr>
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</table>

Admission

In order to move on to the Kinesiology Core courses, the following admission criteria must be met:

1. 2.5 cumulative GPA;
2. Minimum grade of C in the following foundations courses:

<table>
<thead>
<tr>
<th>Code</th>
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</tr>
</thead>
<tbody>
<tr>
<td>PHYSICS 120</td>
<td>General Physics I (Non-Calculus Treatment)</td>
<td>4</td>
</tr>
<tr>
<td>PSYCH 101</td>
<td>Introduction to Psychology</td>
<td>3</td>
</tr>
<tr>
<td>SOCIOL 101</td>
<td>Introduction to Sociology</td>
<td>3</td>
</tr>
<tr>
<td>Spt&amp;Rec 110-192</td>
<td>Physical Activity Requirement</td>
<td></td>
</tr>
<tr>
<td>Spt&amp;Rec 292-298</td>
<td>Physical Activity Requirement</td>
<td></td>
</tr>
</tbody>
</table>

3. Completion of UWM’s General Education Requirements (http://catalog.uwm.edu/policies/undergraduate-policies/#generaleducationtext); and
4. Completion of online application for admission to the Kinesiology major.

When the criteria are met and application accepted, the student will be admitted to the Kinesiology program.

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Retention

Retention in the program and graduation are dependent upon:

1. Maintenance of a 2.5 cumulative UWM GPA.
2. Completion of all courses in one of the following track curriculum with an average GPA of 2.75 in the Kinesiology Core. Students may not repeat more than three (3) of the Kinesiology Core courses.
3. Completion of all required courses, correlates/internship, and elective credits (120 minimum degree credits).

Degree Requirements

Kinesiology students are required to complete the (a) University Core, (b) Kinesiology Core, and (c) Health Promotion or Exercise Science track requirements. The Health Promotion requirements include completion of the Professional Skills Development coursework and Internship. The Exercise Science track includes completion of Correlate Coursework. Students in both tracks also must complete elective coursework to fulfill the 120 credit requirement for the BS Kinesiology degree.
Kinesiology, BS

University Core

Competency Requirements

Oral and Written Communication (OWC) Part A & B
Quantitative Literacy (QL) Part A & B
Foreign Language

Distribution Requirements

Arts 3
Humanities 6
Natural Sciences 6
Social Sciences 6
Cultural Diversity 3

Kinesiology Core

KIN 300 Professional Preparation Seminar 1
KIN 320 Biomechanics 3
KIN 330 Exercise Physiology 4
KIN 350 Psychological Aspects of Sport and Exercise 3
KIN 351 Sociological Aspects of Health and Human Movement 3
KIN 360 Motor Development Across the Lifespan 3
KIN 361 Principles of Motor Learning 3
KIN 400 Ethics and Values in the Health and Fitness Professions 3

Kinesiology Core GPA: 2.750
UWM Cumulative GPA: 2.500

Tracks

In addition to the Kinesiology core requirements listed above, students will choose one (1) of the following tracks to follow:

Exercise Science Track

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 300</td>
<td>Professional Preparation Seminar</td>
<td>1</td>
</tr>
<tr>
<td>KIN 320</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>KIN 330</td>
<td>Exercise Physiology</td>
<td>4</td>
</tr>
<tr>
<td>KIN 350</td>
<td>Psychological Aspects of Sport and Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KIN 351</td>
<td>Sociological Aspects of Health and Human Movement</td>
<td>3</td>
</tr>
<tr>
<td>KIN 360</td>
<td>Motor Development Across the Lifespan</td>
<td>3</td>
</tr>
<tr>
<td>KIN 361</td>
<td>Principles of Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>KIN 400</td>
<td>Ethics and Values in the Health and Fitness Professions</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credits 18

Health Promotion Track

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>KIN 301</td>
<td>Field Experience in Kinesiology - I</td>
<td>1</td>
</tr>
<tr>
<td>KIN 302</td>
<td>Field Experience in Kinesiology - II</td>
<td>1</td>
</tr>
<tr>
<td>KIN 303</td>
<td>Field Experience in Kinesiology - III</td>
<td>1</td>
</tr>
<tr>
<td>KIN 325</td>
<td>Anatomical Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 336</td>
<td>Principles of Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>KIN 430</td>
<td>Exercise Testing for Fitness Assessment and Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KIN 480</td>
<td>Organization and Administration in the Exercise and Fitness Industry</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credits 18

Internship (Health Promotion track only)

Internship must be completed in the last semester and is 12 credits. Advanced preparation is required for internship and students should be in contact with the internship coordinator as soon as possible. See the BS Kinesiology webpage (http://uwm.edu/healthsciences/academics/bachelors-kinesiology) for additional information regarding internship.

Internship Eligibility

The following requirements must be met before enrolling in KIN 489:

1. Completion of all other curriculum requirements;
2. A 2.5 or greater cumulative GPA;
3. A 2.75 or greater cumulative GPA for all Kinesiology Core requirements:
4. A C or greater in all Health Promotion track Professional Skill Development requirements;
5. Verification of 100 hours of post-high school paid or volunteer work experience in the health/fitness field; and
6. Verification of First Aid/CPR certification.

Students should be aware that (KIN 489) requires a full-time (34 hours per week) commitment for 16 weeks.

Electives

Students may select elective coursework that aligns with their interests, as well as educational and professional goals. Students in the Health Promotion track have 13 elective credits; students in the Exercise Science track have 25 elective credits.

Graduation Requirements

The following requirements must be met to graduate:

1. Completion of the required 120 degree credits;
2. Cumulative UWM GPA of 2.5; and
3. GPA of 2.75 in Kinesiology Core curriculum courses (listed above).
Honors in the Major
Honors in the major are granted to students who earn a GPA of 3.500 or above on a minimum of 30 completed credits at UWM following advancement to a Health Sciences major.

Honors in the College of Health Sciences
Dean’s Honor List
GPA of 3.750 or above, earned on a full-time student’s GPA on 12 or more graded credits in a given semester.

Honors Degree and Honors Degree with Thesis
Granted to graduating seniors who complete Honors College requirements, as listed in the Honors College (http://catalog.uwm.edu/opportunities-resources/honors-college) section of this site.

Commencement Honors
Students with a cumulative GPA of 3.500 or above, based on a minimum of 40 graded UWM credits earned prior to the final semester, will receive all-university commencement honors and be awarded the traditional gold cord at the December or May Honors Convocation. In schools and colleges in which fewer than 15% of the traditional students have a 3.500 GPA, all-university honors will be awarded to approximately the top 15% of graduating students. A criterion GPA (not lower than 3.200) for this 15% will be calculated based on statistics from the previous comparable semester. Please note that for honors calculation, the GPA is not rounded and is truncated at the third decimal (e.g., 3.499).

Final Honors
Earned on a minimum of 60 graded UWM credits: Cum Laude - 3.500 or above; Magna Cum Laude - 3.650 or above; Summa Cum Laude - 3.800 or above.