KINESIOLOGY

Kinesiology

What is Kinesiology? "Kinesiology is an academic discipline that involves the study of physical activity and its impact on health, society, and quality of life.” – American Kinesiology Association

Students majoring in kinesiology study the social, behavioral, mechanical, and physiological principles of human movement. Kinesiology students are the future health and fitness providers who use preventative and rehabilitative intervention techniques in commercial health/fitness clubs, community fitness centers, corporate/industrial fitness facilities, and clinical agencies with specialization in cardiac/pulmonary rehabilitation. Two tracks are available to Kinesiology students: Exercise Science and Health Promotion.

The Kinesiology major with the Exercise Science track can be tailored to prepare individuals seeking specialized future careers in the allied health/movement science fields, such as physical therapy, exercise physiology, or chiropractic care, as well as the medical field in areas such as nursing, physician assistant, or traditional medicine. Typically, these types of careers in Kinesiology require post baccalaureate and continuing education for practice and the Exercise Science track provides flexibility to include required coursework.

Kinesiology majors wishing to gain hands-on skills and practice in applying the science of kinesiology in real world settings can select the Health Promotion track. Students in the Health Promotion track complete an internship in their final semester and are well-positioned to either continue their education in graduate Kinesiology or related programs or move into the workforce.

Both tracks allow students the flexibility to complete a minor or certificate to complement students’ particular interests. For instance, the student could acquire a business minor in preparation for entering the job market at a supervisory/administrative level, which should provide a fast track to management within health and fitness facilities, community fitness centers, and with entrepreneurial ventures.

Athletic Training

Certified athletic trainers are healthcare professionals who specialize in preventing, recognizing, managing, and rehabilitating injuries in physically active individuals. As part of a complete healthcare team, the certified athletic trainer works under the direction of a licensed physician and in cooperation with other healthcare professionals, athletics administrators, coaches, and parents.

Master of Science in Athletic Training (MS-AT)

To continue our leadership in Athletic Training education, we are revising our program to reflect the changed nature of professional practice demanding more interprofessional collaboration, a higher degree of autonomy requiring advanced development of clinical reasoning skills, and a skill set in evidence-based practice that allows graduates to actively engage in the rapidly changing science surrounding healthcare practice. Therefore, we have established a graduate, professional education program where students would earn a Master of Science in Athletic Training. The program was implemented during the 2015-2016 academic year, with the first students beginning the program for the summer session of 2017. Please refer to the program website for additional information and updates (www.atep.uwm.edu (http://www.atep.uwm.edu)).

Nutritional Sciences

The Nutritional Sciences (NUTR) program is designed to provide students with a strong foundation in biological, physical, and social sciences, in order to understand the relationships among food, nutrients, eating behavior, and human health. The curriculum provides a varied foundation in research, education, industry, and government and serves as an excellent pre-professional major for students planning a career in health fields such as physical therapy, medicine, pharmacy, or dentistry. The NUTR curriculum also offers an ideal preparation for advanced graduate training in nutrition, biochemical, molecular biology, public health, and related disciplines.

Programs

Undergraduate Degrees

- Kinesiology, BS (http://catalog.uwm.edu/health-sciences/kinesiology/kinesiology-bs)
- Nutritional Sciences, BS (Department of Kinesiology) (http://catalog.uwm.edu/health-sciences/kinesiology/nutritional-sciences-bs)

Undergraduate Minors

- Kinesiology, Minor (http://catalog.uwm.edu/health-sciences/kinesiology/kinesiology-minor)
- Nutritional Sciences, Minor (Department of Kinesiology) (http://catalog.uwm.edu/health-sciences/kinesiology/nutritional-sciences-minor)

Undergraduate Certificates

- Complementary and Integrative Health Approaches, Undergraduate Certificate (http://catalog.uwm.edu/health-sciences/kinesiology/complementary-alternative-medicine-undergraduate-certificate)
- Healthy Aging, Undergraduate Certificate (http://catalog.uwm.edu/health-sciences/kinesiology/healthy-aging-undergraduate-certificate)

Graduate Degrees

- Applied Gerontology, Graduate Certificate (College of Health Sciences, Department of Kinesiology) (http://catalog.uwm.edu/health-sciences/kinesiology/applied-gerontology-graduate-certificate)
- Athletic Training, MS (http://catalog.uwm.edu/health-sciences/kinesiology/athletic-training-ms)
- Kinesiology, MS (http://catalog.uwm.edu/health-sciences/kinesiology/kinesiology-ms)
- Kinesiology, PhD (http://catalog.uwm.edu/health-sciences/kinesiology/kinesiology-phd)

Requirements for Employment, Licensing, or Professional Organizations

Students should be aware that some professions, occupations, and employers are subject to licensing and/or bonding requirements. When a course of study includes clinical or field training, practice teaching, internships, or the like, students may be subjected to a check of criminal conviction records, prior to acceptance of a student by the placement site. Students are responsible for obtaining the information necessary for them to become knowledgeable about these requirements and plan their studies accordingly. Please contact the appropriate department or program office for further information.
Kinesiology Courses

KIN 190 Topics Course in Physical Activity:
1-3 cr. Undergraduate.
Introductory level topics of current interest in health and physical activity. Special course fees may be required depending on topic.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 & Kin 290 with same topic. May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

KIN 200 Introduction to Kinesiology
3 cr. Undergraduate.
Introduction to the discipline of kinesiology and its subdisciplines of exercise physiology, motor behavior, biomechanics, and psychology and sociology of physical activity.
Prerequisites: none.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 201 Field Experience in Kinesiology
1 cr. Undergraduate.
Lecture/discussion/site visitation exploring the broad field of Kinesiology and typical service delivery systems, e.g., campus, community, commercial, industrial and clinical.
Prerequisites: Kin 202(C).
Course Rules: Counts as repeat of Kin 210.
Last Taught: Spring 2011, Fall 2010, Spring 2010, Fall 2009.
Current Offerings: http://uwm.edu/schedule

KIN 202 Field Work in Kinesiology
1 cr. Undergraduate.
Practical, supervised, service-learning in the field of kinesiology.
Prerequisites: Kin 201(C).
Course Rules: Counts as repeat of Kin 210.
Last Taught: Kin 202(C).
Current Offerings: http://uwm.edu/schedule

KIN 211 First Aid and Cardiopulmonary Resuscitation
1 cr. Undergraduate.
CPR for adults, children, and infants; AED; and First Aid.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

KIN 212 Fieldwork in Athletic Training
1 cr. Undergraduate.
On-site observation of the athletic training profession. Students will rotate through different on-campus sites.
Prerequisites: Kin 310(C).
Last Taught: Spring 2018, Fall 2017, Fall 2016, Spring 2016.
Current Offerings: http://uwm.edu/schedule

KIN 216 Organization and Administration of Athletic Training
3 cr. Undergraduate.
Delivery of athletic training services in various settings. Topics include program, personnel, information management, budgeting, documentation, insurance, legal considerations and current topics.
Prerequisites: admitted to athletic training maj; Kin 316(P); Kin 410(C) & Kin 416(C); or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 230 Health Aspects of Exercise and Nutrition
3 cr. Undergraduate.
Examines physical fitness and proper nutrition as lifestyle choices in maintaining optimal health and minimizing health risks.
Prerequisites: none.
Course Rules: Not open to students with credit in Kin 330, 530, 532, or 536.
General Education Requirements: NS
Current Offerings: http://uwm.edu/schedule

KIN 245 Client Diversity in Health Sciences: An Interdisciplinary Perspective
3 cr. Undergraduate.
Interdisciplinary instruction on effective service delivery in the health sciences to culturally diverse individuals and families. Emphasis on the complexity of an individual's cultural identity.
Prerequisites: soph st or cons instr.
Course Rules: BMS/ComSDis/HCA/Kin/OccThpy/TherRec 245 are jointly offered; they count as repeats of one another.
General Education Requirements: SS, CD
Current Offerings: http://uwm.edu/schedule

KIN 255 Women in Sport and Physical Activity
3 cr. Undergraduate.
Introduction theory and research on female participation in sport and physical activity.
Prerequisites: soph st or cons instr.
General Education Requirements: SS
Current Offerings: http://uwm.edu/schedule

KIN 270 Statistics in the Health Professions: Theory and Practice
3 cr. Undergraduate.
Overview of statistical theory and practical application for health professionals. Includes problem solving strategies, descriptive and inferential techniques, and critical evaluation of research design.
Prerequisites: Satisfaction of Quantitative Literacy Part A.
General Education Requirements: QLB
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 289 Seminar in Athletic Training
0 cr. Undergraduate.
Exposure to peer presentations, guest lectures on current topics, current literature updates/discussion, and program information updates.
Prerequisites: acceptance into Athletic Training prog.
Course Rules: Must be taken by student in the ATEP each sem of prog. Fee for 1 cr assessed.
Current Offerings: http://uwm.edu/schedule

KIN 290 Special Topics in Human Movement Sciences:
1-3 cr. Undergraduate.
Topics of current interest in kinesiology, health, and fitness. Special course fees may be required depending on course.
Prerequisites: specified in semester Schedule whenever required for a topic.
Course Rules: May be retaken w/chg in topic.
Last Taught: Fall 2017, Spring 2016, Fall 2015, Spring 2015.
Current Offerings: http://uwm.edu/schedule
KIN 296 UROP Research Study:
1-3 cr. Undergraduate.
Undergraduate research participation in a project developed with a supervising faculty member. One credit for 45 hours research.
Prerequisites: Acceptance to UROP prior or conc reg in UROP Research Study courses.
Current Offerings: http://uwm.edu/schedule

KIN 297 Study Abroad:
1-12 cr. Undergraduate.
Designed to enroll students in UWM sponsored program before course work level, content, and credits are determined and/or in specifically prepared program course work.
Prerequisites: acceptance for Study Abroad Prog.
Course Rules: May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

KIN 298 Independent Projects
1-3 cr. Undergraduate.
Designed for individual and small group research projects under faculty supervision.
Prerequisites: writ cons instr.
Last Taught: Fall 2016, Summer 2016, Fall 2015, Summer 2015.
Current Offerings: http://uwm.edu/schedule

KIN 299 Independent Reading
1-3 cr. Undergraduate.
Designed for individual and small groups in special study. Meetings/ nature of study to be arranged with staff/faculty chosen to supervise.
Prerequisites: cons instr.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 300 Professional Preparation Seminar
1 cr. Undergraduate.
Seminar lecture/discussion to prepare students for internships and other professional opportunities. Topics include goal setting, resume-writing, site selection, interviewing techniques, and professional development.
Prerequisites: admis to Kin major or cons instr.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 301 Field Experience in Kinesiology - I
1 cr. Undergraduate.
Science and methods of exercise instruction for leading groups.
Prerequisites: admis to Kin major.
Course Rules: Counts as repeat of Kin 290 w/same topic.
Last Taught: Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 302 Field Experience in Kinesiology - II
1 cr. Undergraduate.
Science and methods of exercise instruction for coaching and training individuals.
Prerequisites: admis to Kin major.
Last Taught: Spring 2017.
Current Offerings: http://uwm.edu/schedule

KIN 303 Field Experience in Kinesiology - III
1 cr. Undergraduate.
Continued exposure to hands-on aspect of the field; prepare students for internship and develop advanced professional skills and conduct.
Prerequisites: Kin 302(P); & Kin 325(P), 336(C), 430(C) or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 310 Responding to Emergencies
1 cr. Undergraduate.
Focus on the development of skills necessary for professionals to act as 'first responders' in providing emergency medical care.
Prerequisites: Kin 212(C).
Course Rules: Credit/No Credit only.
Last Taught: Fall 2014, Fall 2013, Fall 2012, Fall 2011.
Current Offerings: http://uwm.edu/schedule

KIN 311 CPR/AED Recertification
1 cr. Undergraduate.
CPR/AED recertification and review of basic First Aid.
Prerequisites: Kin 211 or CPR & standard first aid certification.
Current Offerings: http://uwm.edu/schedule

KIN 312 Introduction to Prevention, Recognition, and Treatment of Athletic Injuries
3 cr. Undergraduate.
Introduction to athletic training principles and techniques necessary for the prevention, recognition, care, and rehabilitation of athletic injuries.
Prerequisites: enrolled in ATEP Program, Kin 310(P); or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 314 Recognition and Evaluation of Injuries: Lower Extremity
3 cr. Undergraduate.
Techniques/knowledge necessary to perform examination, treatment, prevention, and rehabilitation of sport-related injuries and illnesses of the lower extremity and associated areas.
Prerequisites: admis to athletic training major; Kin 413(C), & 416(C); or cons instr.
Last Taught: Fall 2015, Fall 2014, Fall 2013, Fall 2012.
Current Offerings: http://uwm.edu/schedule

KIN 315 Recognition and Evaluation of Injuries: Upper Extremity
3 cr. Undergraduate.
Techniques/knowledge necessary to perform examination, treatment, prevention, and rehabilitation of sport-related injuries and illnesses of the upper extremity and associated areas.
Prerequisites: admis to athletic training major; Kin 413(P), & 416(C); or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 316 Recognition and Evaluation of Athletic Injuries: Head, Neck, and Trunk
3 cr. Undergraduate.
Techniques/knowledge necessary to perform examination, treatment, prevention, and rehabilitation of sport-related injuries and illnesses of the head, neck, and torso.
Prerequisites: admis to athletic training major; Kin 315(P), 414(C) & 416(C); or cons instr.
Last Taught: Fall 2016, Fall 2015, Fall 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule
KIN 320 Biomechanics
3 cr. Undergraduate.
Application of physical laws and mechanical principles to human movement.
Prerequisites: admis to Kin major; or admis to Kin minor and Bio Sci 202(P) & Physics 120(P) with a C or greater; or cons instr.
Course Rules: Not open to students w/ cr in Kin 520.
Current Offerings: http://uwm.edu/schedule

KIN 325 Anatomical Kinesiology
3 cr. Undergraduate.
Anatomical analysis of the human body including joint actions, anatomical, muscular, and neuromuscular control aspects necessary for movement.
Prerequisites: admis to Kin major, Ath Trng major or OT prog. Bio Sci 202(P) & 203(C) or cons instr.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 330 Exercise Physiology
4 cr. Undergraduate.
Study of the physiological responses to exercise and the adaptations to physical training.
Prerequisites: admis to Kin major; or admis to Kin minor & Bio Sci 203(P) & Chem 100(P), 102(P), or 104(P) with grade of C or greater; or cons instr.
Course Rules: Not open to students with cr in Kin 530, 532, or 536.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 336 Principles of Strength and Conditioning
3 cr. Undergraduate.
Basic principles necessary to understand the effects of exercise and conditioning on human physiology. Exercise techniques and measures used to assess performance outcome.
Prerequisites: Kin 325(P), 330(P); or cons instr.
Course Rules: Counts as repeat of Kin 335 & 337.
Current Offerings: http://uwm.edu/schedule

KIN 350 Psychological Aspects of Sport and Exercise
3 cr. Undergraduate.
Examines relationships between psychological function and participation in sport and exercise. Topics include motivation, stress, group dynamics, and performance enhancement.
Prerequisites: Psych 101(P); satisfaction of GER Quant Lit Part B or cons instr.
Course Rules: Not open to students with credit in Kin 550, 551, or 552.
General Education Requirements: SS
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 351 Sociological Aspects of Health and Human Movement
3 cr. Undergraduate.
Introduction to sociology of physical activity. Examination of diversity and social inequality as they relate to health and physical activity.
Prerequisites: Sociol 101(P); satisfaction of GER Quant Lit Part B or cons instr.
Course Rules: Not open to students with credit in Kin 570.
General Education Requirements: SS
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 360 Motor Development Across the Lifespan
3 cr. Undergraduate.
Introduction to gross motor behavior development through the lifespan (neo-natal to senior adult). Growth, maturation, environmental influences, and developmental theories.
Prerequisites: admis to Kin major; or admis to Kin minor; or cons instr.
Last Taught: Fall 2017, Summer 2017, Fall 2016, Summer 2016.
Current Offerings: http://uwm.edu/schedule

KIN 361 Principles of Motor Learning
3 cr. Undergraduate.
An overview of the principles of motor skill acquisition emphasizing variables related to the learner and the learning environment.
Prerequisites: admis to Kin major; or admis Kin minor and Bio Sci 202(P) with a C or greater; or cons instr.
Course Rules: Not open to students with cr in Kin 561.
Current Offerings: http://uwm.edu/schedule

KIN 365 Health Aspects of Mind and Body Practices
3 cr. Undergraduate.
Exploration of the scientific research available on the effectiveness of common mind and body practices and the mechanisms through which these practices affect health.
Prerequisites: BMS 260(C) or equiv.
Current Offerings: http://uwm.edu/schedule

KIN 368 Intervention Strategies in Complementary and Integrative Health Approaches
3 cr. Undergraduate.
Examination of the efficacy of commonly used strategies and therapies considered to be Complementary and Alternative Medicine.
Prerequisites: BMS 260(P) or equiv.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2008.
Current Offerings: http://uwm.edu/schedule

KIN 400 Ethics and Values in the Health and Fitness Professions
3 cr. Undergraduate.
Exploration of morality and ethics and their importance in the allied health professions.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

KIN 400X Ethics and Values in the Health and Fitness Professions
3 cr. Undergraduate.
Exploration of morality and ethics and their importance in the allied health professions.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

KIN 410 Medical Aspects of Illness Management
3 cr. Undergraduate.
Knowledge and techniques used in identification and management of common medical conditions and illnesses in physically active populations.
Prerequisites: admis to Athletic Training major; Kin 316(P), 216(C), & 416(C), or cons instr.
Current Offerings: http://uwm.edu/schedule
KIN 412 Foundations of Injury Prevention & Performance
3 cr. Undergraduate.
The foundational knowledge, skills, and science that inform injury prevention, rehabilitation, and performance in sport and physical activity.
Prerequisites: Admis to athletic training prog; Kin 315(P), 320(P), & 416(C); or cons instr.
Course Rules: Counts as repeat of Kin(HMS) 290 w/same topic.
Last Taught: Fall 2016, Fall 2015, Fall 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule

KIN 413 Therapeutic Modalities in Athletic Training
3 cr. Undergraduate.
Introduction to tissue healing, pain control, indications, contraindications, protocols, and the body’s responses to various therapeutic modalities.
Prerequisites: admission to athletic training major; Kin 314(C), & 416(C); or cons instr.
Last Taught: Fall 2015, Fall 2014, Fall 2013, Fall 2012.
Current Offerings: http://uwm.edu/schedule

KIN 414 Therapeutic Exercise and Rehabilitation Techniques in Athletic Training
3 cr. Undergraduate.
Introduction to the theory and practical aspects of therapeutic exercise and rehabilitation techniques used in the care of musculo-skeletal injuries.
Prerequisites: admission to athletic training prog; Kin 412(P) & 416(C); or cons instr.
General Education Requirements: OWCB
Current Offerings: http://uwm.edu/schedule

KIN 416 Competencies in Athletic Training
2 cr. Undergraduate.
Practice, testing, and practical field application of educational competencies and clinical proficiencies in athletic training.
Prerequisites: acceptance into student Athletic Training prog.
Course Rules: May be retaken to 10 cr max.
Last Taught: Spring 2017, Fall 2016, Spring 2016, Fall 2015.
Current Offerings: http://uwm.edu/schedule

KIN 430 Exercise Testing for Fitness Assessment and Exercise Prescription
3 cr. Undergraduate.
Methods for assessing physical fitness in various populations, guidelines for graded exercise testing and exercise prescription. Integrates lecture material with laboratory experience.
Prerequisites: Kin 330(P) or cons instr; current CPR/AED cert.
Last Taught: Fall 2017, Fall 2016, Spring 2016, Spring 2015.
Current Offerings: http://uwm.edu/schedule

KIN 480 Organization and Administration in the Exercise and Fitness Industry
3 cr. Undergraduate.
Study of the delivery of exercise services in relationship to organization and administration of programs with emphasis on promotions, budget, supervision, equipment and facilities.
Prerequisites: admission to Kin major; or Kin minor; or cons instr.
Last Taught: Fall 2016, Fall 2015, Fall 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule

KIN 481 Program Development and Evaluation in the Exercise and Fitness Industry
3 cr. Undergraduate.
Study of systematic program design and evaluation including systems approach, evaluation models, problem solving by objectives, management by objectives and accountability.
Prerequisites: Kin 330(P), 350(P), 351(P); or cons instr. Preference is given to students in the Health Promotion track.
Current Offerings: http://uwm.edu/schedule

KIN 482 Innovative Approaches to Health and Wellness Coaching
3 cr. Undergraduate.
Study of health and wellness coaching theory and practice related to health behavior change.
Prerequisites: sr standing or cons instr.
Course Rules: Counts as repeat of KIN 590 with same topic.
Last Taught: Spring 2018.
Current Offerings: http://uwm.edu/schedule

KIN 489 Kinesiology Internship and Seminar
3-14 cr. Undergraduate.
Supervisory/clinical/research assignment in approved field instruction setting; seminar to monitor and assist with professional progress.
Prerequisites: Kin 303(P) and all undergrad coursework completed; or cons instr. See internship eligibility criteria in the Kinesiology section of the undergraduate catalog.
Course Rules: May be retaken to max of 14 cr. Not open for cr to students with cr in Spt&Rec 489(ER).
Current Offerings: http://uwm.edu/schedule

KIN 497 Study Abroad:
1-12 cr. Undergraduate.
Designed to enroll students in UWM sponsored program before course work level, content, and credits are determined and/or in specially prepared program course work.
Prerequisites: acceptance for Study Abroad Prog.
Course Rules: May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

KIN 520 Neuromechanics Research Methods
3 cr. Undergraduate/Graduate.
Introduction to biomechanics and motor behavior experimental methods and instrumentation. Emphasis on understanding the research literature and research process, from study design to data analysis.
Prerequisites: jr st; grade of C or better in Kin 320(P), Math 117(P), Physics 110(R) or 120(R); or grad st or cons instr.
Last Taught: Fall 2016, Fall 2014, Fall 2013, Fall 2012.
Current Offerings: http://uwm.edu/schedule

KIN 522 Qualitative Analysis of Human Movement
3 cr. Undergraduate/Graduate.
Exploration of systematic qualitative analysis of human movement focusing on detecting and correcting faults in technique.
Prerequisites: jr st; grade of C or better in Kin 320(P); or grad st or cons instr.
Course Rules: Counts as repeat of Kin(HMS) 590 with same title.
Last Taught: Fall 2017, Fall 2015, Summer 2014, Summer 2010.
Current Offerings: http://uwm.edu/schedule
KIN 530 Advanced Exercise Physiology
3 cr. Undergraduate/Graduate.
Advanced study of the physiological responses to exercise and the adaptations to physical training.
Prerequisites: jr st; grade of C or better in Kin 330(P); Kinesiology major or intended major; or grad st.
Last Taught: Fall 2017, Fall 2016, Fall 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule

KIN 532 Electrocardiography Interpretation
3 cr. Undergraduate/Graduate.
In depth study of the 12 lead EKG and selected cardiovascular medications encountered in preventative and rehabilitative exercise programs.
Prerequisites: jr st; grade of C or better in Kin 330(P); 430(R); or grad st or cons instr.
Course Rules: Counts as repeat of Kin 590(HMS 590) with similar title.
Last Taught: Spring 2017, Fall 2015, Spring 2015, UWinteriM 2012.
Current Offerings: http://uwm.edu/schedule

KIN 550 Psychological Aspects of Human Movement
3 cr. Undergraduate/Graduate.
Study of the relationships between psychological factors and human physical activity. Introduction to research relevant to sport and exercise psychology.
Prerequisites: jr st; must have obtained a grade of C or better in Kin 350(P) or cons instr.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 551 Psychology of Injury/Illness/Disease: Implications/Strategies for Rehab
3 cr. Undergraduate/Graduate.
Explores the psychological aspects of health enhancement, disease prevention, and rehabilitation as well as the integration of behavioral and biomedical sciences in treating illness.
Prerequisites: Psych 101(P).
Course Rules: May be used by undergrads to repeat Kin 590 with same title.
Last Taught: Spring 2018, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 552 Psychology of Personal Excellence
3 cr. Undergraduate/Graduate.
Research on elite athletes, performing artists, and corporate executives is used to discuss characteristics of peak performance and identify strategies to facilitate personal excellence.
Prerequisites: jr st, grade of C or better in Kin 350(P); or grad st or cons instr.
Course Rules: Counts as repeat of Kin 590 w/same topic.
Current Offerings: http://uwm.edu/schedule

KIN 555 Exercise Psychology
3 cr. Undergraduate/Graduate.
Psychological antecedents and consequences of physical activity in relation to mental health and public health.
Prerequisites: jr st; Grade C or better in Kin 350(P) or cons instr.
Course Rules: Counts as repeat of Kin 590 with same topic.
Last Taught: Spring 2009.
Current Offerings: http://uwm.edu/schedule

KIN 556 Multilevel Approaches to Changing Physical Activity and Eating Behaviors
3 cr. Undergraduate/Graduate.
An introduction to key theoretical and conceptual frameworks for understanding health-related behavior and evidence-based practical approaches for promoting behavior change.
Prerequisites: Admis to Kin major or Ath Trng major or Nutr major; Grade C or better in Kin 350(P); or grad st or cons instr.
Course Rules: Counts as repeat of Kin 590 w/same topic.
Current Offerings: http://uwm.edu/schedule

KIN 561 Neuromechanics of Voluntary Movement
3 cr. Undergraduate/Graduate.
An introduction to the major theoretical and empirical perspectives used to examine how the nervous system and musculoskeletal system work cooperatively to produce human movement.
Prerequisites: jr st; a grade of C or better in Kin 461(P) or cons instr.
Last Taught: Fall 2017, Fall 2016, Fall 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule

KIN 570 Sociological Aspects of Physical Activity
3 cr. Undergraduate/Graduate.
Relationships between sociological factors and human physical activity. Introduction to research relevant to the sociology of sport and other forms of physical activity.
Prerequisites: jr st; must have obtained a grade of C or better in Kin(P) or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 573 Body Image: Influences and Health-Related Implications
3 cr. Undergraduate/Graduate.
In-depth examination of the multidimensional body image construct: body image development, assessment, and modification; impact on health and behavior; body image in special populations.
Prerequisites: jr st; Psych 101(P).
Course Rules: Counts as repeat of Kin 590 with same topic.
Last Taught: Fall 2013.
Current Offerings: http://uwm.edu/schedule

KIN 574 Obesity and Weight Management
3 cr. Undergraduate/Graduate.
Examination of the epidemiology of obesity, genetic and environmental contributors, body weight regulation, health and psychosocial consequences, and approaches to assessment, prevention, and treatment.
Prerequisites: jr st; grade of C or better in BMS 232(P) or Nutr 235(P).
Course Rules: Counts as repeat of Kin 590 with same topic.
Last Taught: Fall 2017, Fall 2016, Spring 2016, Spring 2015.
Current Offerings: http://uwm.edu/schedule

KIN 575 The Social Construction of Obesity
3 cr. Undergraduate/Graduate.
Examines how obesity is socially constructed and how it shapes conceptions of fitness and physical activity.
Prerequisites: jr st; grade of C or better in Kin 351(P); or cons instr.
Course Rules: Counts as repeat of HMS 590 with same topic.
Last Taught: Fall 2010, Fall 2009.
Current Offerings: http://uwm.edu/schedule
KIN 590 Current Topics in Human Kinetics
1-3 cr. Undergraduate/Graduate.
The specific topic will be announced in the Schedule of Classes each time
the course is offered.
Prerequisites: jr st, cons instr for grad cr.
Course Rules: May be retaken to max of 9 cr.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 643 Integument System
2 cr. Graduate.
Exploration of factors predisposing skin to breakdown; preventative
measures, specific examination, and intervention techniques utilized in
treating burns, wounds, and amputations.
Prerequisites: Grad st, admis to DPT program; or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 681 Fieldwork II: Basic Skills Experience
2 cr. Graduate.
Clinically based learning experience focusing on patient evaluation and
treatment skills while fostering professional behavior through clinical
mentorship.
Prerequisites: grad st, admis to DPT program; Kin 680(P); or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 701 Seminar in Human Movement Sciences
1-3 cr. Graduate.
Research in the Human Movement Sciences subdisciplines including
critical review of theories, perspectives and methods. Faculty, student
presentations of current work.
Prerequisites: grad st
Course Rules: Retakable to 3 cr max.
Current Offerings: http://uwm.edu/schedule

KIN 702 Statistical Analysis in the Health Sciences
3 cr. Graduate.
Univariate, bivariate, and multivariate analyses as they apply to health
science research.
Prerequisites: grad st; intro level statistics course at U/G or G level.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 703 Survey of Research in the Human Movement Sciences
3 cr. Graduate.
Methods for multi-disciplinary human movement inquiry; problem/
statistical design; critique of available literature; preliminary thesis/
project design.
Prerequisites: grad st; Kin 702(P).
Current Offerings: http://uwm.edu/schedule

KIN 706 Research & Applied Statistics in Physical Therapy
3 cr. Graduate.
Specific quantitative research designs and statistics with an emphasis on
clinical research; methods for critically evaluating research literature.
Prerequisites: grad st, admis to DPT program; or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 709 Research Practicum
3 cr. Graduate.
Development of strategies for evaluating and contributing to the evidence
for physical therapy practice. Students will select and critically review
evidence, develop, execute and present a case report to inform best
practice.
Prerequisites: grad st; good standing in DPT program or cons instr.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

KIN 710 Evidence Based Practice: Levels of Evidence
1 cr. Graduate.
Strategies for evaluating the evidence underlying physical therapy
practice as a framework for creating and evaluating best practice
decisions.
Prerequisites: grad st, admis to DPT Program or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 711 Evidence Based Practice: Interventions
1 cr. Graduate.
Focus on information access and retrieval from research literature used
to inform physical therapy interventions for treatment of movement
disorders.
Prerequisites: grad st; admis to DPT Program or cons instr.
Last Taught: Fall 2009, Fall 2008.
Current Offerings: http://uwm.edu/schedule

KIN 712 Evidence Based Practice: Tests & Measures
1 cr. Graduate.
Focus on the critical analysis of published clinical research related to
physical therapy tests and measures.
Prerequisites: grad st; admis to DPT program or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 713 Professional Issues in Physical Therapy
1 cr. Graduate.
Strategies for growth & adaptation of physical therapy practice in the
context of a changing health care environment.
Prerequisites: grad st; valid license to practice physical therapy or cons
instr
Current Offerings: http://uwm.edu/schedule

KIN 714 Evidence for Practice I
3 cr. Graduate.
Provides clinicians with a rubric for searching & evaluating the published
literature supporting physical therapy practice & informing best practice
decisions.
Prerequisites: grad st; valid license to practice physical therapy or cons
instr
Last Taught: Fall 2007.
Current Offerings: http://uwm.edu/schedule

KIN 715 Evidence for Practice II
3-6 cr. Graduate.
Synthesis of prior coursework in the development and presentation of a
clinical practice decision supported with best evidence practices.
Prerequisites: grad st; valid license to practice physical therapy.
Course Rules: Retakable to 6 cr max.
Current Offerings: http://uwm.edu/schedule
KIN 716 Seminar: The Culture of Evidence
1 cr. Graduate.
The role of evidence in physical therapy clinical decision making with application to current interventions.
Prerequisites: grad st; valid license to practice physical therapy or cons instr
Last Taught: Summer 2007.
Current Offerings: http://uwm.edu/schedule

KIN 717 Pharmacology In Rehabilitation
2 cr. Graduate.
Pharmacologic agents encountered in physical therapy rehabilitation settings focusing on pharmacodynamics, pharmacokinetics, biotransformation of drugs, and clinical application for relevant drug classifications.
Prerequisites: grad st, admis to DPT Program; or cons instr
Last Taught: Spring 2013, Spring 2012, Fall 2011, Fall 2010.
Current Offerings: http://uwm.edu/schedule

KIN 718 Clinical Radiology
1-2 cr. Graduate.
Medical diagnostics emphasizing indications & implications for imaging studies used to augment information obtained from the physical therapy examination.
Prerequisites: grad st, admis to DPT Program; or cons instr
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 720 Biomechanics Research Methods
3 cr. Graduate.
Introduction to advanced biomechanics collection techniques. Course focuses on basic programming, data collection/analysis, and presentation skills.
Prerequisites: grad st; Kin 520(C); or cons instr
Course Rules: Counts as repeat of Kin 590 with same topic.
Last Taught: Fall 2016, Fall 2013, Fall 2011, Fall 2009.
Current Offerings: http://uwm.edu/schedule

KIN 725 Interdisciplinary Themes in Biomechanics
3 cr. Graduate.
Emphasis on biomechanical research themes of an interdisciplinary character. Readings drawn from primary research literature.
Prerequisites: grad st; Kin 520(P) or cons instr
Last Taught: Fall 2014, Fall 2010, Spring 2006, Fall 2003.
Current Offerings: http://uwm.edu/schedule

KIN 732 Physical Activity and Health Across the Lifespan
3 cr. Graduate.
The role of physical activity in the prevention and treatment of various chronic conditions and diseases.
Prerequisites: grad st; Kin 330(P) w/ grade of C or better or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 733 Advanced Physiological Assessment
3 cr. Graduate.
Designed to introduce students to advanced physiological testing techniques. Assumes knowledge of basic exercise testing skills, exercise physiology principles.
Prerequisites: grad st; Kin 530(C) or cons instr.
Last Taught: Fall 2017, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 740 Musculoskeletal: Spine
3 cr. Graduate.
Evaluation and treatment techniques for spinal dysfunction and injury including mechanical assessment, postural training, therapeutic exercise, manual therapy, and modalities.
Prerequisites: grad st, admis to DPT Program; or cons instr
Current Offerings: http://uwm.edu/schedule

KIN 741 Musculoskeletal System: Lower Extremities
3 cr. Graduate.
Orthopedic physical therapy evaluation and treatment aspects of lower extremity musculoskeletal problems involving skeletal, connective tissue and muscular components.
Prerequisites: grad st; admis to DPT Program or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 742 Musculoskeletal: Upper Extremities
3 cr. Graduate.
Orthopedic physical therapy evaluation and treatment aspects of upper extremity musculoskeletal problems involving skeletal, connective tissue and muscular components.
Prerequisites: grad st; admis to DPT Program or cons instr.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 743 Health Systems Review
2 cr. Graduate.
Provides systems overview of screening procedures necessary to provide a comprehensive physical therapy diagnosis with an emphasis on screening for referral.
Prerequisites: grad st; valid license to practice physical therapy or cons instr
Current Offerings: http://uwm.edu/schedule

KIN 745 Health Promotion/Wellness for Physical Therapy Practice
2 cr. Graduate.
Explores many aspects of health / wellness.
Prerequisites: grad st; good standing in DPT prog or cons instr
Current Offerings: http://uwm.edu/schedule

KIN 746 Case-based Clinical Decision Making
2 cr. Graduate.
Clinical decision-making in physical therapy including formulation of a diagnosis and plan of care supported by evidence from literature.
Prerequisites: grad st; admis to DPT Program or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 761 Concepts of Human Motor Control
3 cr. Graduate.
A systematic examination of neuromotor control mechanisms and critical review of research in human motor behavior focusing on variables limiting or facilitating performance and/or skill acquisition.
Prerequisites: grad st, Kin 561(P) or cons instr.
Last Taught: Fall 2017, Fall 2016, Fall 2012, Fall 2006.
Current Offerings: http://uwm.edu/schedule
KIN 762 Research Practicum in Motor Control
3 cr. Graduate.
Demonstration/participation laboratory focused on human motor control experimental design. Topics include sampling, subject protection, techniques for quantification of motor performance characteristics and neuromuscular correlates.
Prerequisites: grad st; Kin 561(P) or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 763 Neural Control of Movement
3 cr. Graduate.
Fundamental concepts and current issues in how the brain and other neurological structures contribute to the control of movement.
Prerequisites: grad st, Kin 561(P) or cons instr.
Last Taught: Spring 2014.
Current Offerings: http://uwm.edu/schedule

KIN 764 Neurophysiology of Human Movement
3 cr. Graduate.
A neurophysiologic perspective on key areas of human motor control.
Prerequisites: grad st, Kin 561(P) or cons instr.
Course Rules: Counts as repeat of Kin(HMS) 590 with same topic.
Last Taught: Spring 2014.
Current Offerings: http://uwm.edu/schedule

KIN 765 Neuromuscular: Adult
4 cr. Graduate.
Application of motor control and learning, neuroanatomy, and neurophysiology to physical therapy examination and treatment of adults with neurological diagnosis.
Prerequisites: grad st, admis to DPT Program; or cons instr.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 766 Neuromuscular: Pediatric
4 cr. Graduate.
Pediatric onset diagnosis, related examination, interventions, clinical management, and legislation impacting pediatric physical therapy practice.
Prerequisites: grad st; admis to DPT Program or cons instr.
Current Offerings: http://uwm.edu/schedule

KIN 780 Clinical Teaching
2 cr. Graduate.
Exploration of patient education intervention focusing on patient adherence in the context of learning theory, adult learning, and learning domains.
Prerequisites: grad st, admis to DPT Program; or cons instr.
Last Taught: Fall 2015, Fall 2014, Fall 2013, Fall 2012.
Current Offerings: http://uwm.edu/schedule

KIN 798 Independent Project
1-6 cr. Graduate.
Student research in consultation with and supervised by a graduate faculty member.
Prerequisites: grad st; cons instr
Course Rules: Retakable w/ chg in topic to 6 cr max.
Current Offerings: http://uwm.edu/schedule

KIN 799 Independent Reading
1-3 cr. Graduate.
Independent study of a topic selected by the student in consultation with the supervising graduate faculty member.
Prerequisites: grad st; cons instr.
Course Rules: May be repeated with change in topic to max of 6 cr.
Current Offerings: http://uwm.edu/schedule

KIN 830 Physiological Adaptations to Exercise
3 cr. Graduate.
Physiological factors related to performing physical activity and exercise on a chronic basis; various environmental influences on physical performance.
Prerequisites: grad st; a grade of C or better in Kin 530(P).
Course Rules: Counts as repeat of Kin(HMS) 590 with same topic.
Current Offerings: http://uwm.edu/schedule

KIN 850 Seminar in Psychological Aspects of Physical Activity:
3 cr. Graduate.
Advanced seminar on selected topics in the psychology of physical activity.
Prerequisites: grad st; Kin 550(P) or cons instr.
Course Rules: May be repeated with change in topic to max of 6 cr.
Current Offerings: http://uwm.edu/schedule

KIN 870 Socialization and Physical Activity
3 cr. Graduate.
Advanced seminar on research relevant to the development/lack of development of physically active lifestyles.
Prerequisites: grad st; a grade of C or better in Kin 530(P).
Course Rules: Counts as repeat of Kin(HMS) 590 with same topic.
Last Taught: Fall 2013, Fall 2011, Fall 2010, Fall 2009.
Current Offerings: http://uwm.edu/schedule

KIN 880 PT Clinical Internship I
8 cr. Graduate.
The Doctor of Physical Therapy student will be assigned to a clinical facility for internship practice.
Prerequisites: DPT student in good st.
Current Offerings: http://uwm.edu/schedule

KIN 881 PT Clinical Internship II
8 cr. Graduate.
The Doctor of Physical Therapy student will be assigned to a clinical facility for internship practice.
Prerequisites: DPT student in good st.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

KIN 882 PT Clinical Internship III
8 cr. Graduate.
The Doctor of Physical Therapy student will be assigned to a clinical facility for internship practice.
Prerequisites: Kin 881(P); DPT student in good st.
Current Offerings: http://uwm.edu/schedule
KIN 888 Candidate for Degree
0 cr. Graduate.
Available for graduate students who must meet minimum credit load requirement.
Prerequisites: grad st.
Course Rules: Fee for 1 cr assessed.
Current Offerings: http://uwm.edu/schedule

KIN 889 Professional Physical Therapy Credential Preparation
1 cr. Graduate.
Guidance in preparing for the Federation of State Boards of Physical Therapy licensing exam.
Prerequisites: DPT student in good standing or grad st & cons instr.
Course Rules: Course offered in a distance learning format.
Current Offerings: http://uwm.edu/schedule

KIN 890 Capstone Project
1-6 cr. Graduate.
Preparation of a research project under the supervision of the student’s major professor.
Prerequisites: grad st.
Course Rules: Not open to students selecting options A.
Current Offerings: http://uwm.edu/schedule

KIN 891 Research Seminar
3 cr. Graduate.
Advanced seminar on the synthesis and critique of research literature within the student’s primary and secondary subdisciplines.
Prerequisites: grad st; completion of all or conc reg in remaining coursework for degree.
Course Rules: Not open to option A or C students.
Current Offerings: http://uwm.edu/schedule

KIN 895 Research and Thesis
1-6 cr. Graduate.
Preparation of a thesis under the direction of the student’s primary and secondary advisors.
Prerequisites: grad st; cons instr
Current Offerings: http://uwm.edu/schedule

KIN 909 Guided Teaching Experience in Health Sciences
3 cr. Graduate.
This course provides the student, under the supervision of a faculty member, with the opportunity to design, deliver, and evaluate an undergraduate course.
Prerequisites: grad st; Occ Thpy 900 (P); cons instr
Course Rules: Jointly offered w/ and counts as a repeat of BMS 909, HCA 909, OccThpy 909, and ComsDis 909.
Current Offerings: http://uwm.edu/schedule

KIN 910 Advanced Seminar in Health Sciences
1 cr. Graduate.
Faculty, graduate students, and invited guests will present their research and engage in discussion around themes of broad interest, e.g., public health.
Prerequisites: grad st
Course Rules: Retakable to 4 cr max.
Current Offerings: http://uwm.edu/schedule

KIN 930 Seminar in Exercise Physiology
1-3 cr. Graduate.
Evaluation of current research and methodology in exercise physiology.
Prerequisites: grad st; cons instr
Course Rules: Retakable to 9 cr max w/change in topic.
Current Offerings: http://uwm.edu/schedule

KIN 990 Research and Thesis
1-6 cr. Graduate.
Preparation of a thesis under the direction of the student's primary and secondary advisors.
Prerequisites: grad st.
Course Rules: May be repeated to max of 6 cr. Not open to students selecting options B or C.
Current Offerings: http://uwm.edu/schedule

KIN 991 Doctoral Dissertation
1-12 cr. Graduate.
Dissertation research
Prerequisites: grad st; admit to Ph.D. candidacy
Current Offerings: http://uwm.edu/schedule

KIN 999 Advanced Independent Study
1-6 cr. Graduate.
Independent study on topic selected by student and supervising graduate faculty member.
Prerequisites: grad st; cons instr
Current Offerings: http://uwm.edu/schedule

Sport & Recreation Courses

SPT&REC 100 Sports Officiating - Basketball
1 cr. Undergraduate.
Officiating, conducting and administering the sport of basketball.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

SPT&REC 104 Sports Officiating - Volleyball
1 cr. Undergraduate.
Officiating, conducting, and administering the sport of volleyball.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule
Kinesiology

SPT&REC 110 Physical Conditioning
1 cr. Undergraduate.
Theory & practice of physical conditioning.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

SPT&REC 112 Yoga I
1 cr. Undergraduate.
Theory and practice of yoga.
Prerequisites: none. It is highly recommended that students bring a mat and a blanket or towel for their comfort. These items are not provided by the department.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 113 Yoga II
1 cr. Undergraduate.
Theory and practice of yoga II.
Prerequisites: Spt&Rec 112(P). It is highly recommended that students bring a mat and a blanket or towel for their comfort. These items are not provided by the department.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 114 Weight Training I
1 cr. Undergraduate.
Theory and practice of weight training.
Prerequisites: none.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 115 Weight Training II
1 cr. Undergraduate.
Theory and practice of weight training II.
Prerequisites: Spt&Rec 114(P).
Last Taught: Fall 2016, Spring 2016, Fall 2015, Spring 2015.
Current Offerings: http://uwm.edu/schedule

SPT&REC 116 Aerobic Dance
1 cr. Undergraduate.
Theory and practice of aerobic dance.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

SPT&REC 117 Step Aerobics
1 cr. Undergraduate.
Theory and practice of Step Aerobics
Prerequisites: none.
Last Taught: Fall 2015, Spring 2014, Fall 2013, Spring 2013.
Current Offerings: http://uwm.edu/schedule

SPT&REC 120 Swim I
1 cr. Undergraduate.
Theory and practice of swim I.
Prerequisites: none.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 121 Swim II
1 cr. Undergraduate.
Theory and practice of swim II.
Prerequisites: Spt&Rec 120(P) or swim one length of pool (25 yards) any stroke.
Current Offerings: http://uwm.edu/schedule

SPT&REC 123 Water Aerobics
1 cr. Undergraduate.
Theory and practice of aerobic water exercise.
Prerequisites: none.
Last Taught: Spring 2015, Fall 2014, Spring 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule

SPT&REC 126 Skin & Scuba
1 cr. Undergraduate.
Theory and practice of skin and scuba.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

SPT&REC 130 Ballroom Dance I
1 cr. Undergraduate.
Theory and practice of ballroom dancing.
Prerequisites: none.
Last Taught: Spring 2018, Fall 2017, Fall 2016, Fall 2015.
Current Offerings: http://uwm.edu/schedule

SPT&REC 131 Ballroom Dance II
1 cr. Undergraduate.
Theory and practice of ballroom dancing.
Prerequisites: Spt&Rec 130(P).
Current Offerings: http://uwm.edu/schedule

SPT&REC 156 Orienteering
1 cr. Undergraduate.
Theory and practice of orienteering.
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

SPT&REC 161 Bowling I
1 cr. Undergraduate.
Theory and practice of bowling
Prerequisites: none.
Current Offerings: http://uwm.edu/schedule

SPT&REC 162 Bowling II
1 cr. Undergraduate.
Theory and practice of bowling.
Prerequisites: Spt&Rec 161(P).
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 166 Golf
1 cr. Undergraduate.
Theory and practice of golf.
Prerequisites: none.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule
SPT&REC 172 Tae Kwon-Do  
1 cr. Undergraduate.  
Theory and practice of tae kwon-do.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 173 Tae Kwon-Do II  
1 cr. Undergraduate.  
Theory and practice of tae kwon-do.  
Prerequisites: Spt&Rec 172(P) or equiv.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 174 Self-Defense  
1 cr. Undergraduate.  
Theory and practice of self-defense.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 176 Basketball  
1 cr. Undergraduate.  
Theory and practice of basketball.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 179 Handball  
1 cr. Undergraduate.  
Theory and practice of handball.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 180 Racquetball I  
1 cr. Undergraduate.  
Theory and practice of racquetball.  
Prerequisites: none.  
Last Taught: Spring 2017, Fall 2016, Spring 2016, Fall 2015.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 181 Racquetball II  
1 cr. Undergraduate.  
Theory and practice of racquetball.  
Prerequisites: Spt&Rec 180(P).  
Last Taught: Spring 2017, Spring 2016, Fall 2015, Spring 2015.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 182 Tennis I  
1 cr. Undergraduate.  
Theory and practice of tennis.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 183 Tennis II  
1 cr. Undergraduate.  
Theory and practice of tennis.  
Prerequisites: Spt&Rec 182.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 185 Karate I  
1 cr. Undergraduate.  
Theory and practice of karate.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 186 Karate II  
1 cr. Undergraduate.  
Theory and practice of karate.  
Prerequisites: Spt&Rec 170(P) or 185(P).  
Current Offerings: http://uwm.edu/schedule

SPT&REC 187 Karate III  
1 cr. Undergraduate.  
Theory and practice of karate.  
Prerequisites: Spt&Rec 170(P) or 186(P) or equiv.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 191 Volleyball  
1 cr. Undergraduate.  
Theory and practice of volleyball.  
Prerequisites: none.  
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 192 Volleyball II  
1 cr. Undergraduate.  
Theory and practice of volleyball.  
Prerequisites: Spt&Rec 178(P) or 191(P) or equiv.  
Last Taught: Fall 2017, Spring 2017, Spring 2016, Fall 2015.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 289 General Recreation Activities:  
1-2 cr. Undergraduate.  
Topics of current interest focusing on life-long participation and skill development in general recreation and leisure activities. Credits for specific topics announced in Schedule of Classes.  
Prerequisites: none, except as required for specific topic.  
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.  
Current Offerings: http://uwm.edu/schedule

SPT&REC 290 Ad Hoc Course in Sport and Recreation:  
1-3 cr. Undergraduate.  
Topics of current interest in health, leisure, and recreation. May be retaken w/chg in topic. Special course fees may be required depending on course. Prereq: specified in semester Schedule whenever required for a topic.  
Prerequisites: May be retaken w/chg in topic.  
Last Taught: Spring 2016, Fall 2015, Spring 2015, Fall 2014.  
Current Offerings: http://uwm.edu/schedule
SPT&REC 291 Recreational Arts and Crafts:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in the area of Arts and Crafts. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

SPT&REC 292 Social and Creative Dance:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in the area of Social and Creative Dance. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 293 Martial Arts:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in martial arts. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 294 Wilderness Adventure and Outdoor Activities:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in the areas of Wilderness Adventure and Outdoors Activities. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 295 Organized Sport:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in the area of sport. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

SPT&REC 296 Exercise and Fitness Activities:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in the area of Exercise and Fitness. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

SPT&REC 298 Meditation, Relaxation, and Wellness:
1-2 cr. Undergraduate.
Topics of current interest focusing on life-long participation and skill development in the areas of meditation, relaxation, and wellness. Credits for specific topics announced in Schedule of Classes.
Prerequisites: none, except as required for specific topic.
Course Rules: Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

Nutritional Sciences Courses

NUTR 101 Introduction to the Nutrition Profession
1 cr. Undergraduate.
Introduction to the field of nutritional sciences and related professions.
Prerequisites: none.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

NUTR 110 Introduction to Food Principles & Preparation
3 cr. Undergraduate.
Introduction to the physical and chemical properties of foods, food safety and sanitation, food preparation procedures, and evaluation of prepared food products in a lab setting.
Prerequisites: none.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

NUTR 210 Food Science
3 cr. Undergraduate.
Continued study of the physical/chemical properties of foods; topics include food composition and nutrition, food additives and regulations, food safety and processing, food engineering.
Prerequisites: grade of C or better in Nutr 110(P).
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

NUTR 235 Introduction to Nutrition for the Health Professions
3 cr. Undergraduate.
A broad, science-based, practical knowledge of nutritional science and metabolism to prepare for health and nutrition professions.
Prerequisites: grade of C or greater in Chem 100(P), Chem 101(P), or Chem 102(P); & Bio Sci 202(P) or (C).
Course Rules: Counts as repeat of Kin 290 w/same topic.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule
NUTR 240 Nutrition for Exercise and Wellness
3 cr. Undergraduate.
The role of nutrition in supporting health, wellness, and exercise on a
national, state, community, and individual level.
Prerequisites: grade of C or better in Nutr 235(P) or BMS 232(P).
Course Rules: Counts as repeat of Kin 290 w/same topic.
Current Offerings: http://uwm.edu/schedule

NUTR 241 Why We Eat What We Eat: An Ecological Approach
3 cr. Undergraduate.
Examination of food choice and eating behavior using a multilevel,
social ecological perspective. Nutrition and health implications will be
discussed.
Prerequisites: none.
General Education Requirements: SS
Current Offerings: http://uwm.edu/schedule

NUTR 245 Life Cycle Nutrition
3 cr. Undergraduate.
An exploration of physiological, sociological, and developmental factors
that affect humans nutritional needs and recommendations throughout
the life cycle.
Prerequisites: admis to Nutr major or Nutr minor.
Course Rules: Counts as a repeat of BMS 290 w/same topic.
Current Offerings: http://uwm.edu/schedule

NUTR 290 Special Topics in Nutritional Sciences:
1-3 cr. Undergraduate.
Topics of current interest in nutritional sciences, food, and health. Special
course fees may be required depending on course. May be retaken w/chg
in topic.
Prerequisites: specified in sem schedule whenever required for a topic.
Last Taught: Spring 2018.
Current Offerings: http://uwm.edu/schedule

NUTR 297 Study Abroad:
1-12 cr. Undergraduate.
Designed to enroll students in a UWM sponsored program before course
work level, content, and credits are determined and/or in specifically
prepared program course work.
Prerequisites: acceptance for Study Abroad Program.
Course Rules: May be retaken w/chg in topic.
Current Offerings: http://uwm.edu/schedule

NUTR 350 Nutrition Communication and Education
3 cr. Undergraduate.
Approaches to nutrition and health communication and education;
development of nutrition and health-related communication materials for
target audiences.
Prerequisites: admis to Nutr major or Nutr minor.
Last Taught: Fall 2017, Fall 2016, Fall 2015, Fall 2014.
Current Offerings: http://uwm.edu/schedule

NUTR 355 Modifying Nutrition and Eating Behavior
2 cr. Undergraduate.
Introduction to the basic components of nutritional assessment,
behavior change theories and techniques, and educational processes for
individuals and groups.
Prerequisites: admis to Nutr major or Nutr minor; grade of C or better in
Nutr 245(P) or (C).
Last Taught: Spring 2018, Fall 2015, Fall 2014, Fall 2013.
Current Offerings: http://uwm.edu/schedule

NUTR 430 Advanced Nutrition and Metabolism
3 cr. Undergraduate/Graduate.
Study of nutrients and their specific functions in metabolic processes;
integrating physiology, biochemistry, and nutrition.
Prerequisites: admis to Nutr major or Nutr minor; Chem 103(P) or Chem
501(P) or (C).
Current Offerings: http://uwm.edu/schedule

NUTR 435 Nutrition and Disease
3 cr. Undergraduate.
Explores nutritional, physiological, and bioethical aspects of disease
processes, and examines the role of food and nutrition in disease
prevention, management, and treatment.
Prerequisites: admis to Nutr major or Nutr minor; grade of C or better in
Nutr 350(P) & Nutr 355(P) or (C).
Last Taught: Fall 2017, Fall 2016, Fall 2015.
Current Offerings: http://uwm.edu/schedule

NUTR 470 Nutrition Internship/Project
4 cr. Undergraduate.
Supervised internship experience or advanced project(s) typically during
the last semester of the undergraduate major.
Prerequisites: sr st & admis to Nutr major; grade of C or better in Nutr
355(P) & Nutr 435(P) or (C); cons internship coord.
Last Taught: Spring 2018, Fall 2017, Spring 2017, Fall 2016.
Current Offerings: http://uwm.edu/schedule

NUTR 484 Community Nutrition Supervised Practice I
2 cr.
Guided by a preceptor, students are introduced to organizations delivering
nutrition care in community settings; introductory skills for dissemination
of nutrition information are practiced.
Prerequisites: Nutr 345(C) & 355(C); admis Coord Prog in Dietetics.
Current Offerings: http://uwm.edu/schedule

NUTR 497 Study Abroad:
1-12 cr. Undergraduate.
Designed to enroll students in UWM sponsored program before course
work level, content, and credits are determined and/or in specially
prepared program course work.
Prerequisites: acceptance for Study Abroad Prog.
Course Rules: Retakeable w/chg in topic.
Current Offerings: http://uwm.edu/schedule

NUTR 550 Sports Nutrition
3 cr. Undergraduate/Graduate.
The integration and application of nutrition and exercise science
principles to maximize health, fitness, and sport performance. Counts as
repeat of BMS/Kin 590 w/same topic.
Prerequisites: jr st; grade of C or better in Nutr 235(P) or BMS 232(P).
Current Offerings: http://uwm.edu/schedule
**NUTR 555 Public Health Nutrition and Food Politics**
3 cr. Undergraduate/Graduate.
This course highlights the role of food and nutrition in public health programs and services.
**Prerequisites:** jr st; grade of C or better in Nutr 235(P) or BMS 232(P), Nutr 240(P), & Bio Sci 203(P); or cons instr.
**Course Rules:** Counts as repeat of BMS(Kin) 290 w/same topic.
**Last Taught:** Fall 2017, Fall 2016, Fall 2015, Fall 2014.
**Current Offerings:** [http://uwm.edu/schedule](http://uwm.edu/schedule)

### Faculty

<table>
<thead>
<tr>
<th>Name</th>
<th>Rank</th>
<th>Degree</th>
<th>School</th>
<th>Graduate Faculty</th>
<th>Emeritus Faculty</th>
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<tbody>
<tr>
<td>Carlynn Alt</td>
<td>Associate Professor</td>
<td>PhD</td>
<td>Marquette University</td>
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<tr>
<td>Monna Arvinen-Barrow</td>
<td>Assistant Professor</td>
<td>PhD</td>
<td>University of Northampton, United Kingdom</td>
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<td>Susan Cashin</td>
<td>Clinical Professor</td>
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<td>Stephan Cobb</td>
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<td>Ann Dietrich</td>
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<td>Margaret Duncan</td>
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<td>Chukuka Enwemeka</td>
<td>Distinguished Professor, Dean</td>
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<td>Hayley Ericksen</td>
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<td>Christy Greenleaf</td>
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<td>Renee Mazurek</td>
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