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 allows 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.
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<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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<tr>
<td>Carlynn Alt</td>
<td>Associate Professor</td>
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<td>Marquette University</td>
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<td>Monna Arvinen-Barrow</td>
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<td>Timothy K. Behrens</td>
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<td>Susan Cashin</td>
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<td>Hayley Ericksen</td>
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