

Exercise Science, AS

(Leading to UW Kinesiology & Health Promotion, BS)



Northern Wyoming Community College District

FRESHMAN YEAR

Fall Semester			Hrs	Spring Semester			Hrs
		Health & Wellness Requirement	2			Advanced Writing Requirement	3
BIOL	1010	General Biology I	4			Communication Requirement	3
		OR				US & Wyoming Constitution Requirement	3
CHEM	1000	Introductory Chemistry (4 hrs)		FCSC	1141	Principles of Nutrition	3
		OR				OR	
CHEM	1020	General Chemistry I (4 hrs)		PEPR	1150	Introduction to Sports & Exercise Nutrition (3 hrs)	
ENGL	1010	English I	3	STAT	2005	Fundamentals of Statistics	4
MATH	1400	Pre-Calculus Algebra	4				
PEPR	1035	Foundations of Exercise Science	2				
TOTAL			<u>15</u>	TOTAL			<u>16</u>

SOPHOMORE YEAR

Fall Semester			Hrs	Spring Semester			Hrs
		Cultural Studies Requirement	3	KIN	2395	Exercise Science Capstone	3
PEPR	2050	Care and Prevention of Athletic Injuries	2	PEPR	2060	Methods of Training & Conditioning	3
PEPR	2135	Personal Trainer Education I	3	PEPR	2137	Personal Trainer Education II	3
PSYC	1000	General Psychology	4	PEPR	2470	Internship in Fitness & Personal Training	2
ZOO	2010	Human Anatomy & Physiology I	4	ZOO	2020	Human Anatomy & Physiology II	4
TOTAL			<u>16</u>	TOTAL			<u>15</u>
TOTAL NWCCD AS DEGREE HOURS							<u>62</u>

Successful completion of the 2+2 plan requires that a student remain continuously enrolled and graduate with the associate's degree from his or her respective community college. • This is a guide for course work in the major; actual course sequence may vary by student. Please refer to the online student degree evaluation. • Not all courses are offered every semester and some electives may have prerequisites. Students should review the course descriptions in the catalogs of their respective institutions and consult with their academic advisor to plan accordingly. • Academic plans and course schedules may need to be altered if ACT or Math Placement scores require a student to take pre-college courses (e.g., MATH 0900, 0921, or 0925) before taking required math or English courses.

Northern Wyoming Community College District requirements:

In order to graduate, students must successfully complete a minimum of 60 credit hours, 15 of which must be from Sheridan College, with a grade point average of 2.0 or better at course level of 1000 or higher.

University of Wyoming requirements:

Students must have a minimum cumulative GPA of 2.0 to graduate. • Students must complete 42 hours of upper division (3000-level or above) coursework, 30 of which must be from the University of Wyoming. • Courses must be taken for a letter grade unless offered only for S/U.

UW College of Health Sciences Notes:

Performance expectations for majors in the College of Health Sciences exceed institutional requirements. Please discuss with an academic advisor to understand the difference. • Admission to the clinical portion of Health Sciences majors is competitive and is not guaranteed even with minimum qualifications. Be prepared to meet and exceed expectations. • Background checks are required at some point within all Health Science majors and careers. Students should understand the long-term ramifications of all decisions and actions early on so as not to jeopardize future academic and career goals.

Kinesiology & Health Promotion, BS



University of Wyoming

JUNIOR YEAR

Fall Semester			Hrs	Spring Semester			Hrs
KIN	3010	Fundamentals of Health & Fitness Assessment	3	KIN/HLED Required & Elective Courses ^			16
KIN	3021	Physiology of Exercise	4				
		KIN/HLED Required & Elective Courses ^	9				
TOTAL			<u>16</u>	TOTAL			<u>16</u>

SENIOR YEAR

Fall Semester			Hrs	Spring Semester			Hrs
		USP Communication 3	C3 3	KIN	4015	Internship *	3
KIN	4015	Internship *	3	OR			
		OR		HLED	4016	Research Internship *	
HLED	4016	Research Internship *		KIN/HLED Required & Elective Courses ^			9
		KIN/HLED Required & Elective Courses ^	9				
TOTAL			<u>15</u>	TOTAL			<u>12</u>
						TOTAL UW HOURS	<u>59</u>
						TOTAL UW BS DEGREE HOURS	<u>121</u>

UW Kinesiology & Health Sciences Program Notes:

• The Department of Kinesiology and Health Sciences requires 48 hours of upper division (3000- or 4000-level) credit for graduation with degrees in Kinesiology and Health Promotion and Physical Education Teaching.

^ **HLED and Kin Required and Elective Coursework.** Recommend taking eight to nine (8-9) hours if concurrently completing KIN 3010 (Fundamentals of Health & Fitness Assessment) and KIN 3021 (Physiology of Exercise); recommend 11-12 hours if not.

HLED and KIN Required Coursework (19 hours)

- HLED 3020 Community & Public Health Promotion (3 hrs)
- KIN 3010 Fundamentals of Health & Fitness Assessment (3 hrs)
- KIN 3021 Physiology of Exercise (4 hrs)
- KIN 3034 Lifespan Motor Development (3 hrs) **OR** KIN 4020 Motor Behavior (3 hrs) ¹
- KIN 3037 Sport Psychology (3 hrs) **OR** KIN 3038 Exercise Psychology (3 hrs) ¹
- KIN 3042 Biomechanics of Human Movement (3 hrs)

HLED and KIN Elective Coursework (15 hours minimum)

- HLED 4020 Food, Health and Justice (3 hrs)
- HLED 4025 Teaching Sensitive Issues in Human Sexuality (3 hrs)
- HLED 4130 Management of Coordinated School Health Program (3 hrs)
- KIN 3034 Lifespan Motor Development (3 hrs)
- KIN 3037 Sport Psychology (3 hrs)
- KIN 3038 Exercise Psychology (3 hrs)
- KIN 3040 Teaching Human Anatomy (3 hrs) ²
- KIN 3050 Prevention and Care of Injuries (3 hrs)
- KIN 3052 Rehabilitation of Injuries (3 hrs)
- KIN 3058 Therapeutic Modalities for the Athletic Trainer (3 hrs)

University of Wyoming

UW Kinesiology & Health Sciences Program Notes con't:

KIN 3060	Understanding Skill Acquisition for Teaching (3 hrs)
KIN 4020	Motor Behavior (3 hrs)
KIN 4024	Physical Activity Epidemiology (3 hrs)
KIN 4029	Methods of Training and Conditioning (3 hrs)
KIN 4042	Applied Biomechanics (3 hrs) ³
KIN 4056	Advanced Exercise Testing and Prescription (3 hrs) ⁴
KIN 4062	Concepts of Human Aging (3 hrs)
KIN 4090	Foundations of Coaching (3 hrs)
KIN 4097	Individual Problems: Mentoring in Human Anatomy (3 hrs)
KIN 4900	Topics In: Concepts in Physical Therapy (2 hrs)
KIN 4900	Topics In: Functional Movement Analysis (3 hrs)

1 One of two is required; the other course may be taken as an elective.

2 Elective - application and instructor permission required.

3 Prerequisite of KIN 3042 (Biomechanics of Human Movement).

4 Prerequisites of KIN 3010 (Fundamentals of Health & Fitness Assessment) and KIN 3021 (Physiology of Exercise).

** Six (6) credit hours of **internship &/or research internship** are required for the Kinesiology & Health Promotion major. Up to twelve (12) credit hours may be completed and applied toward the program of study. Internship credit hours may be split across terms (e.g., fall/spring/summer) or may be completed in a single semester if coursework scheduling allows.

Therapeutic Science Emphasis. For students pursuing a "therapeutic science" emphasis (e.g., medicine, physician assistant, PT, OT, optometry, chiropractic, etc.), 16 credit hours of additional science/math elective coursework offered outside the Division of Kinesiology & Health is typically required. Students should meet with their advisor and/or the College of Health Sciences pre-professional advisor to determine which elective science/math coursework is required/recommended. Elective coursework should be included in junior/senior program planning based on student needs and course availability. Some science courses are only offered one time per year (either fall or spring semester) so advance planning is recommended. Of the 16 additional science/math courses needed for students pursuing a therapeutic sciences emphasis, six to nine (6-9) credit hours may be applied as "Elective courses" in the junior/senior year coursework.

Therapeutic Science Elective Courses (to be taken in the junior/senior years; these are prerequisite courses for some pre-health professional programs; please discuss with an academic advisor.)

CHEM 2420	Organic Chemistry I (4 hrs)	MOLB 4600	Biochemistry I (3 hrs)
CHEM 2440	Organic Chemistry II (4 hrs)	PHYS 1120	General Physics II (4 hrs)
LIFE 2022	Animal Biology (4 hrs)	PSYC 2300	Developmental Psychology (3 hrs)
LIFE 3050	Genetics (4 hrs)	PSYC 2300	Abnormal Psychology (3 hrs)
MICR 2240	Medical Microbiology (4 hrs)	PSYC 3250	Health Psychology (3 hrs)
MOLB 3610	Principles of Biochemistry (4 hrs)	ZOO 4125	Integrative Physiology (4 hrs)
MOLB 4100	Clinical Biochemistry (4 hrs)		