

University of Wyoming Sample Four-Year Degree Plan
Catalog Year: 2019-20

Kinesiology and Health Promotion, BS

University of Wyoming 2019-2020



This sample degree plan is a guide, to be used for planning in consultation with your academic advisor. Actual course sequence may vary by student. A ▲ symbol identifies courses that must be taken and passed during the suggested semester in order for a student to stay on track toward completing the degree program within four years.

Course Sequence	Course Prefix	Course Number	Course Title	Credit Hours	Min Grade	Notes
			USP First-Year Seminar	3	C	FY
	ENGL	1010	College Composition and Rhetoric	3	C	C1
	CHEM	1000	Introduction to Chemistry ¹	4	B	PN; or C in CHEM 1020 (General Chemistry 1) ²
	MATH	1400	College Algebra ³	3	C	Q; or MATH 1405 (Trigonometry) ² or MATH 1450 (Algebra & Trigonometry)
	PSYC	1000	General Psychology	3	C	H
Credit hours subtotal:				16		

Freshman Spring Semester

			USP US & Wyoming Constitutions	3		V
	LIFE	1010	General Biology ¹	4	C	PN
	FCSC	1141	Principles of Nutrition	3	C	
	HLED	1006	Personal Health	3	C	
	KIN	1006	Intro to Kinesiology & Health ⁴	1	C	
Credit hours subtotal:				14		

Sophomore Fall Semester

	KIN	2040	Human Anatomy	3	C	
	KIN	2041	Human Anatomy Lab	1	C	
	PHYS	1050	Concepts of Physics ¹	4	C	PN; or PHYS 1110 (General Physics I) ²
			USP Communication 2	3	C	C2
			Electives	5		
Credit hours subtotal:				16		

Sophomore Spring Semester

	ZOO	3115	Human Systems Physiology	4	C	
	STAT	2050	Fundamentals in Statistics	4	C	Q; or STAT 2070 (Statistics for Social Sciences)
			USP Human Culture	3	C	H
			Elective	3		<i>KIN 2050 strongly recommended</i>
Credit hours subtotal:				14		

This sample degree plan is a guide for course work in the major. • Course sequencing may need to be altered if ACT, SAT or Math Placement scores require a student to take pre-college courses before taking required math or English courses. • Not all courses are offered every semester and some electives may have prerequisites. Students should review course descriptions in the University Catalog and consult with their academic advisor to plan accordingly.

University of Wyoming requirements:

Students must have a minimum cumulative GPA of 2.0 to graduate. • Students must complete 48 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. • University Studies Program (USP) Human Culture (H) and Physical & Natural World (PN) courses must be taken outside of the major subject, but can be cross-listed with the major.

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 Sciences 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.

Notes continued on next pages.

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Suggested Course Schedule for Students Meeting KIN 3021 entry requirements (minimum 2.75 GPA)

Sequence	Course Prefix	Course Number	Course Title	Credit Hours	Min Grade	Notes
Junior Fall Semester						
▲	KIN	3021	Physiology of Exercise	3		
▲	KIN	3022	Physiology of Exercise Lab	1		
	HLED	3020	Community & Public Health Promotion	3		
	KIN	3034/4020	Lifespan Motor Devpmt / Motor Behavior	3		
			KIN/HLED elective ⁵	3		
			Elective	2		
Credit hours subtotal:				15		
Junior Spring Semester						
	KIN	3010	Fundamentals of Health & Fitness Assessment	3		
	KIN	3042	Biomechanics of Human Movement	3		
	KIN	3037/3038	Sport Psychology / Exercise Psychology	3		
			KIN/HLED elective ⁵	3		
			Elective	3		
Credit hours subtotal:				15		
Senior Fall Semester						
	KIN/HLED	4015	Internship in Kinesiology/Health ⁶	3		or KIN/HLED 4016 (Research Experience) ⁶
			USP Communication 3	3		C3
			KIN/HLED elective ⁵	3		
			KIN/HLED elective ⁵	3		
			Elective	3		
Credit hours subtotal:				15		
Senior Spring Semester						
	KIN/HLED	4015	Internship in Kinesiology/Health ⁶	3		or KIN/HLED 4016 (Research Experience) ⁶
			Upper division electives	5		
			KIN/HLED elective ⁵	3		
			Elective	4		
Credit hours subtotal:				15		
TOTAL CREDIT HOURS				120		

Kinesiology and Health Promotion Program notes:

Minimum qualifications for the final two years of the Kinesiology & Health Promotion (K&HP) program include completion of coursework specific to the first two years of the program and a minimum GPA of 2.75 (preferred 3.0).

¹ See the most updated class schedule (http://www.uwyo.edu/registrar/class_schedules/) for specific math prerequisites for science courses. Check with your advisor for clarification about science prerequisites. See the “Prerequisite and MPE Cut Score Reference Chart” on the Math Placement website for the most up-to-date math placement equivalencies: <http://www.uwyo.edu/mathstats/math-placement/>.

² Courses required/recommended for many students pursuing the Therapeutic Sciences or other pre-professional health options (e.g., medicine, PT, OT, optometry, chiropractic, etc.). • Elective coursework up to 16 credit hours may/should include additional science/math coursework offered outside the Division of Kinesiology and Health according to student needs and course availability. Students should meet with their advisor and pre-health advisors in the College of Health Sciences to determine which elective science/math coursework may be required/recommended.

³ See the “Prerequisite and MPE Cut Score Reference Chart” on the Math Placement website for the most up-to-date math placement equivalencies: <http://www.uwyo.edu/mathstats/math-placement/>.

⁴ Required in freshman or sophomore year if First Year Seminar course is not KIN 1101 (Science of Human Movement). Some (but not all) transfer students may be exempt from taking KIN 1006 (contact K&H Advising Office (307)-766-5449).

Notes continued on next page.

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Additional Notes:

⁵ A minimum of 15 credits from the list below can be taken as KIN/HLED Elective courses:

HLED 4005 Global Health in Modern Society (3 cr.);
HLED 4020 Food, Health, & Justice (3 cr.);
HLED 4025 Teaching Sensitive Issues in Human Sexuality (3 cr.);
HLED 4030 Teaching about Alcohol & Substance Abuse (3 cr.);
HLED 4130 Management of Coordinated School Health Program (3 cr.);
KIN 2050 Socio-Cultural Aspects of Physical Activity, Exercise, & Sport (3 cr.);
KIN 3040 Teaching Human Anatomy (3 cr.);
KIN 3044 Concepts in Physical Therapy (3 credits);
KIN 3050 Prevention and Care of Injuries (2 cr.);
KIN 3052 Rehabilitation of Athletic Injuries (3 cr.);
KIN 3058 Therapeutic Modalities for the Athletic Trainer;
KIN 3060 Understanding Skill Acquisition for Teaching (3 cr.);
KIN 4010 Pediatric Exercise Physiology (3 cr.);
KIN 4024 Physical Activity Epidemiology (3 cr.);
KIN 4025 Functional Movement Analysis (3 cr.);
KIN 4029 Methods of Training & Conditioning (3 cr.);
KIN 4042 Applied Biomechanics (3 cr.);
KIN 4056 Advanced Exercise Testing & Prescription (4 cr.);
KIN 4062 Applied Concepts in Human Aging (3 cr.);
KIN 4090 Foundations in Coaching (3 cr.).

Students may also elect to take HLED / KIN 4900 courses, which are topical courses that offer a chance to discuss contemporary issues in health and kinesiology. In addition, students may elect to take the additional course for motor behavior/development or sport/exercise psychology. For example, if a student has already taken KIN 3037, they may take KIN 3038 toward their KIN / HLED Elective credit. Likewise, if they have already taken KIN 3034, they may opt to take KIN 4020 toward their KIN / HLED Elective credit.

⁶ Six (6) credit hours of internship &/or research experience are required for the Kinesiology and Health Promotion major. Up to 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 and scheduling allows.