

Kinesiology & Health Promotion, BS



University of Wyoming, 2017-18

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).

Freshman Fall Semester			Hrs	Min Grade	Notes
USP First-Year Seminar			3	C	FY
CHEM	1000	Introduction to Chemistry *	4	B	PN; can substitute CHEM 1020 (General Chemistry I) ** ****.
ENGL	1010	College Composition and Rhetoric	3	C	C1
MATH	1400	College Algebra *	3		Q; can substitute MATH 1405 (Trigonometry) *** or MATH 1450 (Algebra & Trigonometry) * ****.
PSYC	1000	General Psychology	3		H
Credit hours subtotal:			16		

Freshman Spring Semester			Hrs	Min Grade	Notes
USP Human Culture			3		H
FCSC	1141	Nutrition	2		
HLED	1006	Personal Health	3		
KIN	1006	Introduction to Kinesiology & Health	1		Required if KIN 1101 is not taken to fulfill the FY requirement.
LIFE	1010	General Biology	4		PN
		Elective	3		Can substitute CHEM 1030 (General Chemistry II) if needing therapeutic science emphasis ****.
Credit hours subtotal:			16		

Sophomore Fall Semester			Hrs	Min Grade	Notes
USP Communication 2			3	C	C2
KIN	2040	Human Anatomy	3		
KIN	2041	Human Anatomy Lab	1		
PHYS	1050	Concepts of Physics	4		Can substitute PHYS 1110 (General Physics I) if needing therapeutic science emphasis ****.
		Elective	3		
Credit hours subtotal:			14		

Sophomore Spring Semester			Hrs	Min Grade	Notes
USP US & Wyoming Constitutions			3		V
STAT	2050	Fundamentals of Statistics	4		Can substitute STAT 2070 (Intro Statistics for the Social Sciences).
ZOO	3115	Human Systems Physiology	4		
		Elective	3		Can substitute PHYS 1120 (General Physics II) if needing therapeutic science emphasis ****.
Credit hours subtotal:			14		

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, and consult with an academic advisor. • Not all courses are offered every semester and some electives may have prerequisites. Students should review the 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 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. • 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.

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Junior Fall Semester			Hrs	Min Grade	Notes
KIN	3021	Physiology of Exercise	3		
KIN	3022	Physiology of Exercise Laboratory	1		
KIN/HLED Req & Elective Courses ^			12		
Credit hours subtotal:			16		

Junior Spring Semester			Hrs	Min Grade	Notes
KIN	3010	Fundamentals/Health & Fitness Assess	3		
KIN/HLED Req & Elective Courses ^			12		
Credit hours subtotal:			15		

Senior Fall Semester			Hrs	Min Grade	Notes
USP Communication 3			3	C	C3
KIN	4015	Internship *****	3		Can add or substitute HLED 4016 (Research Experience in Kin & Health) *****.
KIN/HLED Req & Elective Courses ^			3		
KIN/HLED Elective Courses			6		
Credit hours subtotal:			15		

Senior Spring Semester			Hrs	Min Grade	Notes
KIN	4015	Internship *****	3		Can add or substitute HLED 4016 (Research Experience in Kin & Health) *****.
General or KIN/HLED Elective Courses			11		
Credit hours subtotal:			14		

TOTAL CREDIT HOURS: 120

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 Program Notes:

* Requires MATH ACT \geq 23, MATH SAT \geq 600, Math Placement Exam \geq 3, or \geq C in MATH 0925. (University standard)

** Requires MATH ACT \geq 23, MATH SAT \geq 600, Math Placement Exam \geq 3, and concurrent enrollment in MATH 1400, 1405, or 1450. (University standard)

*** Requires MATH ACT \geq 25, MATH SAT \geq 600, Math Placement Exam \geq 4, or \geq C in MATH 1400. (University standard)

**** These courses are recommended/required for students needing the "therapeutic sciences" emphasis (e.g., those pursuing professional degrees in medicine, PT, OT, optometry, chiropractic care, 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 will need to meet with their advisor and/or the College of Health Sciences pre-professional advisors to determine which elective science/math coursework may be required/recommended.

The Division of Kinesiology & Health requires 48 hours of upper division credit for graduation with degrees in Kinesiology & Health Promotion and Physical Education Teacher Education.

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Kinesiology and Health Promotion Program Notes con't:

***** **Six (6) credit hours of internship and/or research internship** are required for the Kinesiology & 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 semester if coursework scheduling allows. One credit hour of internship/research experience is equivalent to 40 contact hours. The selection of a site and arrangements for the internship/research experience should be discussed with an academic advisor and the internships/research coordinator once the student has completed at least KIN 3010 and KIN 3021. • First-aid and CPR certification are required prior to the start of the internship/research experience.

^ HLED and Kin Required and Elected Coursework

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 (3 hrs)
- KIN 3022 Physiology of Exercise Laboratory (1 hour)
- KIN 3034 Lifespan Motor Development (3 hrs) **OR** KIN 4020 Motor Behavior (3 hrs)
- KIN 3037 Sport Psychology (3 hrs) **OR** KIN 3038 Exercise Psychology (3 hrs)
- KIN 3042 Biomechanics of Human Movement (3 hrs)

HLED and KIN Elected 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)
- KIN 3044 Concepts in Physical Therapy (2 hrs)
- 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)
- KIN 3060 Understanding Skill Acquisition for Teaching (3 hrs)
- KIN 4020 Motor Behavior (3 hrs)
- KIN 4024 Physical Activity Epidemiology (3 hrs)
- KIN 4025 Functional Movement Analysis (3 hrs)
- KIN 4029 Methods of Training and Conditioning (3 hrs)
- KIN 4042 Applied Biomechanics (3 hrs)
- KIN 4056 Advanced Exercise Testing and Prescription (3 hrs)
- 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)