**KINESIOLOGY AND HEALTH PROMOTION (K&HP)**

**PROGRAM WORKSHEET**

***USP 2015 (October 25, 2017)***

**Degree Requirements: 120 Credit Hours – to include 48 Credit Hours of 3000-4000 Level Coursework**

Name W# E-mail

Advisor Date

**FRESHMAN-SOPHOMORE YEARS (60 credit hours)**

# University Studies Coursework 2015 (29-31 credit hours)

COURSE TITLE CR GRADE SEM/YR USP 2015

CHEM 1000/1020 Introductory Chemistry or General Chemistry I 4 PN

\* *NOTE: Minimum of B in CHEM 1000 or C in CHEM 1020 to enroll in ZOO 3115*

ENGL 1010 English Composition 3 COM1

\* *NOTE:* *Minimum of C required in ENGL 1010*

LIFE 1010 General Biology 4 PN

\* *NOTE: Minimum of C required in LIFE 1010 to enroll in ZOO 3115*

MATH 1400/05/50 College Algebra, Trigonometry, or Combined 3/5 Q

PSYC 1000 General Psychology 3 H

USP 2015 COM2 Elective 3 COM2

USP 2015 FYS Elective 3 FYS

\* *NOTE: Minimum of C required in FYS course*

USP 2015 H Elective 3 H

USP 2015 V Elective 3 V

***Required Coursework (22-23 credit hours)***

COURSE TITLE CR GRADE SEM/YR

FCSC 11411 Principles of Nutrition 3

HLED 1006 Personal Health 3

KIN 10062 Introduction to Kinesiology and Health 1

KIN 2040 Human Anatomy 3

KIN 2041 Human Anatomy Lab 1

PHYS 1050/1110 Concepts of Physics or General Physics I 4

\* NOTE: *General Physics 1 offered in fall and summer semesters only*

STAT 2050/2070 Fundamentals of Statistics or Introductory Statistics 4

ZOO 3115 Human Systems Physiology [*Spring semester only*] 4

\* NOTE: *Minimum of C in LIFE 1010; minimum of B in CHEM 1000 or C in CHEM 1020 to enroll in ZOO 3115*

1 FCSC 1140 may be substituted for the K&HP course requirement in nutrition.

2 Not required of students who have completed KIN 1101, Science of Human Movement.

***Elective Coursework (6-9 credit hours at the 1000-4000 level)***

Pre-professional student should consult with advisor about appropriate elective coursework.

COURSE TITLE CR GRADE SEM/YR

**JUNIOR-SENIOR YEARS (60 credit hours)**

Only students who meet KIN 3021 entrance/pre-requisite requirements may move forward in the last two years of the K&HP Professional Program. The following courses may be completed prior to being in the professional program: HLED 3020, KIN 3060, and KIN 3050

***University Studies Coursework 2015 (3 credit hours)***

COURSE TITLE CR GRADE SEM/YR USP 2015

USP 2015 COM3 Elective 3 COM3

*Junior-Senior coursework requirements, continued…*

***Required HLED and KIN Core Coursework (19 credit hours)***

COURSE TITLE CR GRADE SEM/YR

HLED 3020 Community and Public Health Promotion 3

KIN 3021 Physiology of Exercise 3

\* *NOTE: Minimum 2.75 GPA; minimum of C in Math, Anatomy, and ZOO 3115 to enroll in KIN 3021.*

KIN 3022 Physiology of Exercise Laboratory 1

KIN 3010 Fundamentals of Health and Fitness Assessment 3

KIN 3034 or 4020 Lifespan Motor Development or Motor Behavior 3

KIN 3037 or 3038 Sport Psychology or Exercise Psychology 3

KIN 3042 Biomechanics of Human Movement 3

***Elective HLED and KIN Coursework (minimum of 15 credit hours)***

COURSE TITLE CR GRADE SEM/YR

HLED 4020 Food, Health, and Justice 3

HLED 4025 Teaching Sensitive Issues in Human Sexuality 3

HLED 4030 Teaching about Alcohol & Substance Abuse 3

HLED 4130 Management of Coordinated School Health Programs 3

HLED 4900 Ecological Approaches to Community Health 3

HLED 4900 Emergency Preparedness & Response 3

HLED 4900 Global Health 3

KIN 2050 Socio-Cultural Aspects of Phys Act., Exer, & Sport 3

KIN 3034 Lifespan Motor Development 3

KIN 3037 Sport Psychology 3

KIN 3038 Exercise Psychology 3

KIN 3040 Teaching Human Anatomy 3

KIN 3044 Concepts in Physical Therapy 3

KIN 3050 Prevention and Care of Athletic Injuries 2

KIN 3052 Rehabilitation of Athletic Injuries 3

KIN 3058 Therapeutic Modalities for the Athletic Trainer 3

KIN 3060 Understanding Skill Acquisition for Teaching 3

KIN 4010 Pediatric Exercise Physiology 3

KIN 4020 Motor Behavior 3

KIN 4024 Physical Activity Epidemiology 3

KIN 4025 Functional Movement Analysis 3

KIN 4029 Methods of Training and Conditioning 3

KIN 4042 Applied Biomechanics 3

KIN 4056 Advanced Exercise Testing and Prescription 4

KIN 4062 Concepts of Human Aging 3

KIN 4090 Foundations of Coaching 3

KIN 4097 Mentoring in Human Anatomy 3

KIN 4900 Drugs & Exercise Performance 3

***Elective Coursework (minimum of 17 credit hours - 5 credit hours MUST be at the 3000-4000 level)***

Students must complete an additional 17 credit hours of elected coursework at the 1000-4000 level beyond the credit hours listed under FRESHMAN-SOPHOMORE YEARS. This must include at least five credits of upper division coursework (3000 or 4000-level courses) to meet the Division’s minimum 48 credit hour requirement for the B.S. Degree in K&HP.

COURSE TITLE CR GRADE SEM/YR

***CPR Certification requirement***

Complete the CPR requirement through a community college course or through the American Red Cross or through the UW Half Acre or through any other organization nearest you. Certification needs to be completed and current through the entire program. Present your card to the division registrar in Corbett 119 to be cleared of the requirement on your degree evaluation.

CPR Certification Expiration Date

Agency (e.g., American Red Cross)

***Internship or Research Experience (6-12 credit hours)***

*NOTE:* Student Criminal Background Check – This must be completed the semester *prior to* enrollment in KIN/HLED 4015 or 4016.

*NOTE*: You must be CPR certified prior to starting your internship/research experience. Standard CPR certification may be met through American Red Cross, UW Half Acre, or a community college class.

Students must complete an internship experience (KIN/HLED 4015) or research experience (KIN/HLED 4016) as part of the Kinesiology and Health Promotion major. The internship/research experience must be at least 6 credit hours, but no more than 12 credit hours. One credit hour of internship/research experience is equivalent to 40 contact hours. Your internship/research experience can be completed during the fall, spring, or summer. The selection of a site and arrangements for the internship/research experience should be discussed with your advisor and the internship/research coordinator once you have completed KIN 3021/3022 and KIN 3010. Some internship experiences will require the completion of KIN 4056, Advanced Exercise Testing and Prescription. Visit with your advisor to make this determination.

COURSE TITLE CR GRADE SEM/YR

KIN/HLED 4015 Internship in Health/Kinesiology

and/*or*

KIN/HLED 4016 Research Experience in Health/Kinesiology

**Degree Requirements: 120 Credit Hours – to include 48 Credit Hours of 3000-4000 Level Coursework**

**K&HP UPPER DIVISION PROGRAM CRITERIA**

To be eligible to enroll in upper division coursework as part of the Kinesiology and Health Promotion (K&HP) program, the following coursework needs to be completed with a minimum 2.75 UW GPA (preferred 3.00). With the guidance of your advisor, you will determine if you have completed the appropriate coursework in order to move on to the upper-division coursework in your junior and senior years of the K&HP program.

K&HP Program Criteria

1. Minimum UW GPA of 2.75; Preferred 3.00

2. Successful completion of: CHEM 1000 or 1020; ENGL 1010; FCSC 1141; HLED 1006; KIN 1006; KIN 2040; KIN 2041; LIFE 1010; MATH 1400, 1405 or 1450; PHYS 1050 or 1110; PSYC 1000; STAT 2050 or 2070; USP 2015 COM2; USP 2015 FYS; USP 2015 V; ZOO 3115; and 9-13 credit hours of elective coursework.

3. **Please note**: In addition to the minimum GPA requirement of 2.75, enrollment in KIN 3021 (Physiology of Exercise) requires a grade of C or better in: Math, Anatomy, and Human Systems Physiology. Students who receive grades lower than a C will not be allowed to enroll in KIN 3021.

Please complete and submit a professional program form for advancement to the K&HP upper division coursework. The form can be found on the K&H website and must be completed once the criteria above have been met. Form submission deadlines are April 15 for fall semester and November 20 for spring semester. Forms can be submitted to Corbett 119A.

**COURSE PREREQUISITES**

**FRESHMAN-SOPHOMORE YEARS**

COURSE CREDIT PREREQUISITES

CHEM 1000/1020 4 1000→Math ACT 23/MPE 3; 1020→Math ACT 23/MPE 3

ENGL 1010 3 None

FCSC 1141 3 None (recommend completing LIFE 1010 before FCSC 1141)

HLED 1006 3 None

KIN 1006 1 None (only required if students do not complete KIN 1101)

KIN 2040 3 LIFE 1010

KIN 2041 1 LIFE 1010

LIFE 1010 4 Math ACT 21/MPE 2

MATH 1400/05/50 3-5 1400→Math ACT 23/MPE 3; 1405→ACT 25/MPE 4; 1450→ACT 23/MPE 3

PHYS 1050/1110 4 1050→MATH 1400 or equivalent; 1110→MATH 1405, 1450, or equivalent

PSYC 1000 3 None

STAT 2050/2070 4 MATH 1400, 1405, or 1450

USP 2015 COM2 3 USP 2015 COM1

USP 2015 FYS 3 None

USP 2015 V 3 None

ZOO 3115 4 B or better in CHEM 1000 or C or better in CHEM 1020 and C or better in LIFE 1010

**JUNIOR-SENIOR YEARS**

COURSE CREDIT PREREQUISITES

HLED 3020 3 None

HLED 4020 3 K&HP Upper Division Program Criteria

HLED 4025 3 None

HLED 4030 3 None

HLED 4130 3 None

HLED 4900 3 K&HP Upper Division Program Criteria & other specified courses

KIN 3021 3 Minimum 2.75 GPA; Grade of C or better in Math, Anatomy & Human Systems Phys.

KIN 3022 1 KIN 3021 concurrent enrollment or completion of KIN 3021

KIN 3010 3 K&HP Upper Division Program Criteria & concurrent enrollment in or completion of KIN 3021

KIN 3034 3 K&HP Upper Division Program Criteria & PSYC 1000

KIN 3037 3 K&HP Upper Division Program Criteria & PSYC 1000

KIN 3038 3 K&HP Upper Division Program Criteria

KIN 3040 3 KIN 2040 & 2041

KIN 3042 3 K&HP Upper Division Program & PHYS 1050 (prefer B or better) or PHYS 1110 (prefer C or better)

KIN 3044 3 K&HP Upper Division Program & completion of ZOO 3115 or equivalent human systems phys. course

KIN 3050 3 LIFE 1010 (recommend completing KIN 2040 & 2041 before KIN 3050)

KIN 3052 3 K&HP Upper Division Program Criteria

KIN 3058 3 K&HP Upper Division Program Criteria

KIN 3060 3 PSYC 1000

KIN 4010 3 K&HP Upper Division Program Criteria & KIN 3021

KIN 4020 3 K&HP Upper Division Program Criteria & PSYC 1000

KIN 4024 3 K&HP Upper Division Program Criteria & KIN 3021

KIN 4025 3 K&HP Upper Division Program Criteria & completion of KIN 3021

KIN 4029 3 K&HP Upper Division Program Criteria & completion of KIN 3021 or approval of instructor

KIN 4042 3 K&HP Upper Division Program Criteria & KIN 3042

KIN 4056 3 K&HP Upper Division Program Criteria & KIN 3021 & KIN 3010

KIN 4062 3 K&HP Professional Program & KIN 3021

KIN 4090 3 None

KIN 4097 3 KIN 3040

KIN 4900 3 K&HP Upper Division Program Criteria & other specified courses

USP 2015 COM3 3 USP 2015 COM2