

## KINESIOLOGY AND HEALTH PROMOTION (K&HP) PROGRAM OF STUDY USP 2003 (updated 12/12/13)

### LEVEL I COURSEWORK: Fundamental Core Knowledge

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>USP 2003</u>
<b><i>Cultural Context</i></b>			
PSYC 1000	General Psychology	3	CS
USP 2003 CA	Elective from Cultural Context Art Category	3	CA
USP 2003 CH	Elective from Cultural Context Humanities Category	3	CH
<b><i>Diversity in the United States</i></b>			
USP 2003 D	Elective from Diversity in the United States Category	3	D
<b><i>English</i></b>			
ENGL 1010	English Composition	3	WA
USP 2003 WB	Elective from Writing II Category	3	WB
ENGL 4010	Technical Writing in the Professions or similar course	3	WC
<b><i>Global Awareness</i></b>			
USP 2003 G	Elective from Global Awareness Category	3	G
<b><i>Health</i></b>			
HLED 1006	Personal Health	3	
PEAC 1001	Physical Activity and Health	1	P
FCSC 1140/1141	Nutrition/Principles of Nutrition (select one)	2/3	
<b><i>Mathematics</i></b>			
MATH 1400	College Algebra (or 1405 or 1450)	3	QA
STAT 2050/2070	Fundamentals of Statistics/Intro. to Stat. for SS (select one)	4	QB
<b><i>Oral Communication</i></b>			
COJO 1010	Public Speaking	3	O
<b><i>Sciences</i></b>			
LIFE 1010	General Biology	4	SB
CHEM 1000/1020	Introductory Chemistry/ General Chemistry I (select one)	4	
COSC 1200	Computer Information Systems or similar course	3	
KIN/ZOO 2040	Human Anatomy	3	SB
KIN/ZOO 2041	Human Anatomy Lab	1	SB
ZOO/KIN 3115	Human Systems Physiology	4	
PHYS 1050/1110	Concepts of Physics/ General Physics I (select one)	4	
<b><i>U.S. and Wyoming Government</i></b>			
USP 2003 V	Elective from U.S. and Wyoming Government Category	3	V

### LEVEL II COURSEWORK: Core Knowledge in Kinesiology and Health Promotion

A. Required HLED and KIN Courses

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>USP 2003</u>
HLED 3020	Community and Public Health Promotion	3	
<i>Note: May be completed prior to being admitted to the last two years of the program.</i>			
KIN 1005	Kin, Health & PA Teaching	3	I & L
<i>Note: Must be completed prior to being admitted to the last two years of the program.</i>			
KIN 3010	Fundamentals of Health and Fitness Assessment	3	
<i>Note: Concurrent enrollment in KIN 3021 or completion of KIN 3021</i>			
KIN 3021	Physiology of Exercise	4	
KIN 3037/3038	Sport Psychology/Exercise Psychology (select one)	3	
KIN 3042	Biomechanics of Human Movement	3	
KIN 3034/4020	Lifespan Motor Development/Motor Behavior (select one)	3	

## B. Elective HLED and KIN Courses (minimum of 12 credit hours)

<u>COURSE</u>		<u>TITLE</u>	<u>CR</u>
HLED	3000	Foundations of Health Promotion [prerequisite-HLED 3020]	3
HLED	4025	Teaching Sensitive Issues in Human Sexuality	3
HLED	4130	Management of Coordinated School Health Programs	3
HLED	4900	Health, Food, and Justice [prerequisite-HLED 3020]	3
KIN	3034	Lifespan Motor Development	3
KIN	3037	Sport Psychology	3
KIN	3038	Exercise Psychology	3
KIN	3040	Teaching Human Anatomy	3
KIN	3050	Prevention and Care of Athletic Injuries	2
KIN	3052	Rehabilitation of Athletic Injuries [prerequisite-KIN 3021]	3
KIN	3058	Therapeutic Modalities for the Athletic Trainer [prerequisite-KIN 3021]	3
KIN	4020	Motor Behavior	3
KIN	4029	Methods of Training and Conditioning [prerequisite-KIN 3021]	3
KIN	4042	Advanced Biomechanics [prerequisite-KIN 3042]	3
KIN	4056	Advanced Exercise Testing and Prescription [prerequisite-KIN 3021 + 3010]	4
KIN	4062	Concepts of Human Aging [prerequisite-KIN 3021]	3
KIN	4066	Biological Factors Influencing Exercise Performance [prerequisite-KIN 3021]	3
KIN	4090	Foundations of Coaching	3
KIN	4097	Mentoring in Human Anatomy [prerequisite-KIN 3040]	3

**LEVEL III COURSEWORK: Specialization Area**

Student must complete 15 credit hours of coursework in their area of specialization. To meet the University of Wyoming 48 hour upper division credit degree requirement, students who complete the physiology course requirement at the University of Wyoming (KIN/ZOO 3115) will have to complete a minimum of 7 upper division credit hours within the *Level III Coursework* section. Students who complete physiology as a lower division course from a community college or other university must complete a minimum of 11 upper division credit hours within the *Level III Coursework* section.

***i. Fitness and Wellness***

Students interested in pursuing an occupation within ***Fitness and Wellness*** are advised to seek additional 3000 and 4000 level courses from the Division of Kinesiology and Health (see Elective HLED and KIN Courses) or from one or more of the following departments: (1) Department of Management and Marketing; (2) Department of Family and Consumer Sciences (nutrition); (3) Department of Nursing; and (4) Department of Psychology.

***ii. Health Promotion***

Students interested in pursuing an occupation within ***Health Promotion*** are advised to seek additional 3000 and 4000 level courses from the Division of Kinesiology and Health (see Elective HLED and KIN Courses) or from one or more of the following departments: (1) Department of Family and Consumer Sciences (nutrition); (2) Department of Nursing; (3) Department of Psychology; (4) Department of Social Work; and (5) Health Sciences.

***iii. Medical and Therapeutic Sciences***

Students interested in pursuing an occupation within the ***Medical and Therapeutic Sciences*** are advised to seek additional 3000 and 4000 level courses from the Division of Kinesiology and Health (see Elective HLED and KIN Courses) or from one or more of the following departments: (1) Department of Biology; (2) Department of Zoology/Physiology; (3) Department of Chemistry; (4) Department of Physics; (5) Department of Family and Consumer Sciences (nutrition); and (6) Department of Psychology.

**LEVEL IV COURSEWORK: Internship/Research Experience**

Students must complete an internship experience (HLED/KIN 4015) or research experience (HLED/KIN 4016) as part of the Kinesiology and Health Promotion major. The internship/research experience must be at least 6 and 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. Most students complete the internship/research experience during the summer. The selection of a site and arrangements for the internship/research experience should be discussed with your advisor and your assigned internship/research coordinator (Marci Smith) once you have completed the required HLED and KIN courses (i.e., HLED 3020, KIN 3010, KIN 3021, KIN 3037 or 3038, KIN 3042, and KIN 3034 or 4020). Some internship experiences will require the completion of KIN 4056, Advanced Exercise Testing and Prescription. Visit with your advisor to make this determination.

*NOTE:* You must be first aid and CPR certified prior to starting your internship/research experience. Standard First Aid/CPR certifications may be met through American Red Cross.

**MINIMUM DEGREE REQUIREMENTS:** 120 credit hours of which 48 must be 3000 and/or 4000 level courses.

**SUMMARY OF CREDIT HOURS**

LEVEL I COURSEWORK: Fundamental Core Knowledge	63-67
LEVEL II COURSEWORK: Core Knowledge in Kinesiology and Health Promotion	
a. Required HLED and KIN Courses	21
b. Elective HLED and KIN Courses	12
LEVEL III COURSEWORK: Specialization Area	15
LEVEL IV COURSEWORK: Internship/Research Experience	6-12

**APPLICATION FOR ADMISSION  
REQUIREMENTS**

You must make application for admission to the last two years of the Kinesiology and Health Promotion (K&HP) program. Apply once the majority of Level I Coursework has been completed/in progress (to include KIN 1005 and HLED 3020 from Level II Coursework).

Entry Criteria

1. Minimum GPA of 3.0
2. Successful completion of LIFE 1010; CHEM 1000 or 1020; COJO 1010; COSC 1200; ENGL 1010; FCSC 1140 or 1141; HLED 1006; HLED 3020; KIN 1005; KIN/ZOO 2040; KIN/ZOO 2041; KIN/ZOO 3115; MATH 1400 or 1405 or 1450; PEAC 1001; PHYS 1050 or 1110; PSYC 1000; STAT 2050 or 2070; USP CA; USP CH; USP D; USP G; USP WB; and USP V.
3. Essay Completed
4. Student Criminal Background Check – To be completed the semester prior to enrollment in HLED/KIN 4015/4016.

Admission to the professional program in K&HP is a competitive process. Applicants meeting minimum requirements are not guaranteed admission to the last four semesters of the program. The application deadline for fall semester admission is April 15 and for spring semester admission November 20. Students who make application for admission by April 15 or November 20 will have their packets reviewed first. Application packets received after the deadlines will only be reviewed if space is still available. A total of 40 students are admitted into the program fall semester and 20 spring semester.

## HOW TO SELECT YOUR SPECIALIZATION

When admitted to the last two years of the Kinesiology and Health Promotion program, you must select from one of three specialization areas. Your selection of a specialization area should be based on your future interests/knowledge/understanding of kinesiology and health. Read the following areas of employment associated with kinesiology and health to better determine where your studies can take you! If you are unsure of the specialization area to select, make an appointment to visit your academic advisor.

### ***Fitness and Wellness***

Are you interested in seeking employment in one of the following areas? If YES, you should select ***Fitness and Wellness*** as your specialization area.

- Private Health and Fitness Clubs (e.g., Smart Sports, Cheyenne, WY)
- Corporate/Industrial Fitness and Wellness Programs (e.g., Coors Wellness Center, Golden, CO)
- Cardiopulmonary Rehabilitation Programs (e.g., United Medical Center, Cheyenne, WY)
- Strength and Conditioning Programs (e.g., University of Wyoming Athletics)
- Personal Training (e.g., Laramie Recreation Center)

### ***Health Promotion***

Are you interested in seeking employment in one of the following areas? If YES, you should select ***Health Promotion*** as your specialization area.

- Government Health Agency (e.g., Wyoming Health Department)
- Private Health and Fitness Clubs (e.g., Smart Sports, Cheyenne, WY)
- Corporate/Industrial Fitness and Wellness Programs (e.g., Coors Wellness Center, Golden, CO)
- Hospital Based Wellness Centers (e.g., United Medical Center, Cheyenne, WY)
- Wellness/Lifestyle Training/Coaching (e.g., Wyo Rehab, Sheridan, WY)
- Non-governmental Organizations (e.g., Albany County Tobacco Free Coalition; American Heart Association)
- Educational Settings (e.g., University of Wyoming Wellness Center)

### ***Medical and Therapeutic Sciences***

Are interested in one of the following health/medical professions? If YES, you should select ***Medical and Therapeutic Sciences*** as your specialization area. All students who select this specialization area must visit with Craig Vaske (766-3499 ([cvaske@uwyo.edu](mailto:cvaske@uwyo.edu)) or Lisa Shipley (766-6704; [lshipley@uwyo.edu](mailto:lshipley@uwyo.edu)), Pre-professional Program Advisors, College of Health Sciences, to discuss specific program prerequisites for the health profession they are pursuing.

- Physician
- Physician Assistant
- Dentist
- Optometrist
- Physical Therapist
- Occupational Therapist
- Chiropractor
- other pre-professional area

**UNIVERSITY STUDIES PROGRAM (USP 2003) REQUIREMENTS**

<u>USP 2003 Components</u>	<u>Course #</u>	<u>Credits</u>
A. Intellectual Community (I)	KIN 1005	2
B. Information Literacy (L)	KIN 1005 (same course as for I)	0
C. Oral Communications (O)	COJO 1010	3
D. Diversity in the United States (D)	Elective (see USP website)	3
E. Global Awareness (G)	Elective (see USP website)	3
F. Humanities (CH)	Elective (see USP website)	3
G. Social Sciences (CS)	PSYC 1000	3
H. Arts (CA)	Elective (see USP website)	3
I. Qualitative Reasoning I (QA)	MATH 1400 or 1405 or 1450	3-5
J. Qualitative Reasoning II (QB)	STAT 2050 or 2070	4
K. Biological Science (SB)	LIFE 1010	4
	KIN 2040	3
	KIN 2041	1
L. U.S. and Wyoming Constitution (V)	Elective (see USP website)	3
M. Writing I (WA)	ENGL 1010	3
N. Writing II (WB)	Elective (see USP website)	3
O. Writing III (WC)	ENGL 4010	3
P. Physical Activity and Health (P)	PEAC 1001	1

Total Hours: 45-50