

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

Name _____ W# _____ E-mail _____
 Advisor _____ Date Form Initiated _____

LEVEL I COURSEWORK: Fundamental Core Knowledge

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM</u>	<u>USP 2003</u>
Cultural Context					
PSYC 1000	General Psychology	3	_____	_____	CS
USP 2003 CA	Elective _____	3	_____	_____	CA
USP 2003 CH	Elective _____	3	_____	_____	CH
Diversity in the United States					
USP 2003 D	Elective _____	3	_____	_____	D
English					
ENGL 1010	English Composition	3	_____	_____	WA
USP 2003 WB	Elective _____	3	_____	_____	WB
ENGL 4010	Technical Writing in the Professions	3	_____	_____	WC
Global Awareness					
USP 2003 G	Elective _____	3	_____	_____	G
Health					
HLED 1006	Personal Health	3	_____	_____	
PEAC 1001	Phys Act & Health	1	_____	_____	P
FCSC 1140/1141	Nutrition/ Principles of Nutrition (select one)	2/3	_____	_____	
Mathematics					
MATH 1400	College Algebra (or 1405 or 1450)	3	_____	_____	QA
STAT 2050/2070	Fundamentals/Introductory Statistics (select one)	4	_____	_____	QB
Oral Communication					
COJO 1010	Public Speaking	3	_____	_____	O
Science					
LIFE 1010	General Biology	4	_____	_____	SB
CHEM 1000/1020	Introduction Chemistry/General Chemistry I (select one)	4	_____	_____	
COSC 1200	Computer Information Systems	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	_____	_____	
U.S. and Wyoming Constitution					
USP 2003 V	Elective _____	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>GRADE</u>	<u>SEM</u>	<u>USP 2003</u>
HLED 3020	Community and Public Health Promotion	3	_____	_____	
<i>Note: Prerequisite to be completed prior to admission to the professional program.</i>					
KIN 1005	Kin, Health & PA Teaching	3	_____	_____	I & L
KIN 3010	Fundamentals of Health and Fitness Assessment	3	_____	_____	
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 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>	<u>GRADE</u>	<u>SEM</u>
HLED	3000	Foundations of Health Promotion	3	_____	_____
HLED	4025	Teaching Sensitive Issues in Human Sexuality	3	_____	_____
HLED	4130	Management of Coordinated School Health Programs	3	_____	_____
HLED	4900	Food, Health, and Justice	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	3	_____	_____
KIN	3058	Therapeutic Modalities for the Athletic Trainer	3	_____	_____
KIN	4020	Motor Behavior	3	_____	_____
KIN	4029	Methods of Training and Conditioning	3	_____	_____
KIN	4042	Advanced 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	_____	_____

LEVEL III COURSEWORK: Specialization Option (minimum of 15 credit hours)

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.

<u>COURSE</u>		<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

LEVEL IV COURSEWORK: Internship or Research Experience (6-12 credit hours)

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.

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM</u>
HLED/KIN 4015 OR	Internship in Health/Kinesiology	_____	_____	_____
HLED/KIN 4016	Research Experience in Health/Kinesiology	_____	_____	_____

Minimum Degree Requirements: 120 Credit Hours - 48 Credit Hours of 3000-4000 Level Coursework

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.