

KINESIOLOGY AND HEALTH PROMOTION (K&HP) PROGRAM WORKSHEET (Sept 2021)

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

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 and to enter the program gateway course (KIN 3021 & 3022), the coursework listed on this page needs to be completed with a minimum 2.75 GPA¹ (preferred 3.00). With the guidance of your advisor, you will determine whether you have completed the appropriate coursework, in order to move on to the upper-division coursework in your final two years of the K&HP program.

Please note: In addition to the minimum GPA¹ 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 courses. Students who receive grades lower than a C in these courses will not be allowed to enroll in KIN 3021.

¹ GPA may be UW, transfer, or combination. UW GPA is the default, but in borderline cases, the Division Director or Professional Advisor may use the transfer GPA or grades earned in key courses from transfer institutions.

PRE-HEALTH ANNOUNCEMENT

This degree is great preparation for various careers in health care and allied health. If you are interested in becoming a strong applicant to graduate school for a career in these fields, please tell your primary advisor and connect with the Pre-Health Advising Office on campus as soon as possible: <https://www.uwyo.edu/preprof/> or hsadvise@uwyo.edu
Your career of choice will determine which math and science courses you need to take in your first years, so talk to them early!

FRESHMAN & SOPHOMORE YEARS

University Studies Coursework (USP 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 | _____ | _____ | C1 |
| | * 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 | C2 Elective _____ | 3 | _____ | _____ | C2 |
| 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 | 1141 Principles of Nutrition _____ | 3 | _____ | _____ |
| HLED | 1006 Personal Health _____ | 3 | _____ | _____ |
| KIN | 1006 ² 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: PHYS 1110 with a lab (required for <u>some</u> pre-health students) offered fall & summer semesters only. | | | |
| STAT | 2050/2070 Fundamentals of Statistics or Introductory Statistics _____ | 4 | _____ | _____ |
| ZOO | 3115 Human Systems Physiology [Spring semester only] _____ | 4 | _____ | _____ |

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

² Not required of students who have completed KIN 1101, First Year Seminar: Science of Human Movement.

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

JUNIOR-SENIOR YEARS

Typically, only students who meet entrance requirements for the gateway course (KIN 3021 & 3022) may complete 3000- or 4000-level KIN/HLED coursework and move forward in the last two years of the K&HP Program (see box on first page for K&HP upper-division program criteria). Students who have come in with many transfer credits can take only nine (9) credits from the following list of courses before entrance into the gateway course: HLED 3020, HLED 4005, HLED 4020, HLED 4030, KIN2050, KIN 3050, KIN 3060, or KIN 4090.

University Studies Coursework (3 credit hours)

| <u>COURSE</u> | <u>TITLE</u> | <u>CR</u> | <u>GRADE</u> | <u>SEM/YR</u> | <u>USP 15</u> |
|---------------|----------------|-----------|--------------|---------------|---------------|
| USP 2015 C3 | Elective _____ | 3 | _____ | _____ | C3 |

Required HLED and KIN Core Coursework (19 credit hours)

| <u>COURSE</u> | <u>TITLE</u> | <u>CR</u> | <u>GRADE</u> | <u>SEM/YR</u> | |
|--|---|-----------|--------------|---------------|--|
| 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 Physiology 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 (choose a minimum of 15 credit hours from this list)

| <u>COURSE</u> | <u>TITLE</u> | <u>CR</u> | <u>GRADE</u> | <u>SEM/YR</u> |
|---------------|--|-----------|--------------|---------------|
| HLED 4005 | Global Health _____ | 3 | _____ | _____ |
| 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 4097 | Individual Problems _____ | 3 | _____ | _____ |
| HLED 4130 | Management of Coordinated School Health Programs _____ | 3 | _____ | _____ |
| HLED 4900 | Ecological Approaches to Community Health _____ | 3 | _____ | _____ |
| HLED 4900 | Emergency Preparedness & Response _____ | 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 3060 | Understanding Skill Acquisition for Teaching _____ | 3 | _____ | _____ |
| KIN 4020 | Motor Behavior _____ | 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 (summer only) _____ | 3 | _____ | _____ |
| KIN 4097 | Individual Problems _____ | 3 | _____ | _____ |
| KIN 4900 | Drugs & Exercise Performance _____ | 3 | _____ | _____ |

You must complete a CHS Student background check and be CPR certified to apply for your Internship or Research experience.

NOTE: Student Criminal Background Check must be completed the semester *prior* to enrollment in KIN/HLED 4015 or 4016. This is a College of Health Sciences requirement.

CPR Certification requirement

You must be CPR certified prior to starting your internship/research experience. You will need to provide documentation when you apply for your internship/research experience the semester before you plan to complete it.

You can complete the CPR requirement in any number of ways, including through a community college course, through the American Red Cross, American Heart Association, through UW HalfAcre, or through any other organization near you.

COURSE PREREQUISITES (9/2021)**FRESHMAN-SOPHOMORE YEARS**

| <u>COURSE</u> | | <u>CREDIT</u> | <u>PREREQUISITES</u> |
|---------------|------------|---------------|---|
| 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 | Declared KHP student (only required if students do not complete KIN 1101) |
| KIN | 2040 | 3 | LIFE 1010 (LIFE 1000, or 1003 or Anth 1100) KHP students must take LIFE 1010 |
| KIN | 2041 | 1 | Concurrent or previous KIN 2040 |
| 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 <u>or</u> C or better in CHEM 1020 <u>and</u> C or better in LIFE 1010 |

JUNIOR-SENIOR YEARS

| <u>COURSE</u> | | <u>CREDIT</u> | <u>PREREQUISITES</u> |
|---------------|---------|---------------|--|
| HLED | 3020 | 3 | HLED 1006, Completion of USP-C2 course, min 2.75 GPA |
| HLED | 4005 | 3 | Sophomore standing, min 2.75 GPA |
| HLED | 4020 | 3 | Completion of USP-C2 course, min 2.75 GPA |
| HLED | 4025 | 3 | Junior standing, min 2.5 GPA, or certified K-12 teacher |
| HLED | 4030 | 3 | Sophomore standing, min 2.75 GPA, permission of instructor |
| HLED | 4097 | 3 | Junior standing, min 2.75 GPA, permission of instructor |
| HLED | 4130 | 3 | Junior standing, min 2.5 GPA, or certified K-12 teacher |
| HLED | 4900 | 3 | Junior standing, min 2.75 GPA |
| KIN | 2050 | 3 | FYS & USP-C1 |
| KIN | 3021 | 3 | Min 2.75 GPA, C or better in Math, Anatomy & Human Systems Physiology |
| KIN | 3022 | 1 | KIN 3021 concurrent enrollment or completion of KIN 3021 |
| KIN | 3010 | 3 | K&HP upper division criteria & concurrent enrollment or completion of KIN 3021 |
| KIN | 3034 | 3 | K&HP upper division criteria & PSYC 1000 |
| KIN | 3037 | 3 | K&HP upper division criteria & PSYC 1000, and current/concurrent enrollment in KIN 3021 |
| KIN | 3038 | 3 | K&HP upper division criteria & PSYC 1000, and current/concurrent enrollment in KIN 3021 |
| KIN | 3040 | 3 | B or better in KIN 2040 & 2041, permission of instructor (need to complete application semester prior) |
| KIN | 3042 | 3 | K&HP upper division criteria & B or better in PHYS 1050 <u>or</u> C or better PHYS 1110, 1210, or 1310 and completion of KIN 2040 |
| KIN | 3044 | 3 | K&HP upper division criteria & concurrent enrollment or completion of KIN 3021 |
| KIN | 3050 | 2 | Junior standing, C or better in KIN 2040 and KIN 2041 or permission of instructor |
| KIN | 3060 | 3 | Junior standing, K&HP upper division criteria, min 2.75 GPA, C or better in PSYC 1000 or permission of instructor |
| KIN | 4010 | 3 | Completion of KIN 3021 |
| KIN | 4020 | 3 | K&HP upper division criteria & C or better in PSYC 1000, and current/concurrent enrollment in KIN 3021 |
| KIN | 4024 | 3 | K&HP upper division criteria & completion of KIN 3021 |
| KIN | 4025 | 3 | K&HP upper division criteria & completion of KIN 3021 |
| KIN | 4029 | 3 | K&HP upper division criteria & completion of KIN 3021 |
| KIN | 4042 | 3 | K&HP upper division criteria & C or better in KIN 3042 |
| KIN | 4056 | 4 | K&HP upper division criteria & completion of 3021 & KIN 3010 |
| KIN | 4062 | 3 | K&HP Professional Program & completion or concurrent in KIN 3010 |
| KIN | 4090 | 3 | Sophomore status, Min 2.5 GPA |
| KIN | 4097-01 | 3 | Independent study, K&HP student, instructor permission, min GPA of 2.75 |
| KIN | 4097-02 | 3 | Mentoring human Anatomy, Completion of KIN 3040, instructor permission |
| KIN | 4900 | 3 | K&HP upper division criteria & completion of KIN 3021 |
| USP 2015 | COM3 | 3 | USP 2015 COM2 |

KIN/HLED 4015 or 4016 variable credit See internship information at the top of page 3. Must apply the semester before you plan to complete.

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