

**KINESIOLOGY AND HEALTH PROMOTION (K&HP)
PROGRAM WORKSHEET
USP 2015 (January 2019)**

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)

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>	<u>USP 2015</u>
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)

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
FCSC 1141 ¹	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: 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.

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

JUNIOR-SENIOR YEARS (60 credit hours)

Only students who meet KIN 3021 entrance/pre-requisite requirements may complete 3000/4000 level KIN/HLED coursework and move forward in the last two years of the K&HP Professional Program. Exceptions to this policy that may be completed prior to meeting KIN 3021 entrance/pre-requisite requirements are: HLED 3020, HLED 4005, HLED 4020, HLED 4030, KIN 2050, KIN 3050, and KIN 3060, KIN 4090; only nine (9) credits from this list may be completed prior to entrance into KIN 3021.

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 and to enter the program gateway course (KIN 3021/3022), the coursework listed below needs to be completed with a minimum 2.75 GPA¹ (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 GPA¹ of 2.75; Preferred 3.00
2. Successful completion of: CHEM 1000 or 1020; ENGL 1010; FCSC 1141; HLED 1006; KIN 2040; KIN 2041; LIFE 1010; MATH 1400 or 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.

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.

University Studies Coursework 2015 (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 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 (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	_____	_____

Elective Coursework list continues on following page ...

Elective Coursework (continued) ...

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
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	Individual Problems _____	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.

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

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.

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

COURSE PREREQUISITES

Note: For K&HP Upper-Division Program Criteria, please see the box at the top of page 2 above, and note that this always means that a student must maintain a minimum GPA of 2.75. Address any questions to your academic advisor.

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 major or permission from instructor (if students have not taken KIN 1101)
KIN 2040	3	LIFE 1000, 1003, 1010, OR ANTH 1100 (KHP majors MUST take LIFE 1010)
KIN 2041(concurrent)	1	All KIN 2040 prerequisites + concurrent enrollment -or previous completion if retake
LIFE 1010	4	Math ACT 23 or above, or concurrent enrollment or eligibility of concurrent enrollment in MATH 1400 or higher
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 C2	3	USP 2015 C1
USP 2015 FYS	3	None
USP 2015 H	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

<u>COURSE</u>	<u>CREDIT</u>	<u>PREREQUISITES</u>
HLED 3020	3	HLED 1006, completion of USP-C2 course, minimum 2.75 GPA
HLED 4005	3	Sophomore standing; minimum 2.75 GPA
HLED 4015	1-12	C or better in KIN 3010; completion of 18 credits of upper-division KIN/HLED coursework, minimum 2.75 GPA; must take a minimum of 6 credit hours in HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
HLED 4016	1-12	Minimum sophomore standing, declared KHP major, permission of instructor, and minimum 2.75 GPA; must take a minimum of 6 credit hours of HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
HLED 4020	3	Completed USP-C2 course; minimum 2.75 GPA
HLED 4025	3	Minimum 2.5 GPA, junior standing, or a certified K-12 teacher
HLED 4030	3	Sophomore standing; minimum 2.75 GPA; permission of instructor
HLED 4097	3	Declared KHP major or permission from instructor
HLED 4130	3	Junior standing, minimum 2.5 GPA, or certified K-12 teacher
HLED 4900	3	K&HP Upper Division Program Criteria & other specified courses
KIN 2050	3	FYS & USP-C1
KIN 3021	3	Minimum 2.75 GPA; C or better in Math, Anatomy & Human Systems Physiology
KIN 3022	1	Concurrent enrollment in 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 & C or better in PSYC 1000
KIN 3037	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000 & concurrent enrollment in or

			completion of KIN 3021
KIN	3038	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000 & concurrent enrollment in or completion of KIN 3021
KIN	3040	3	Minimum 2.75 GPA, B or better in KIN 2040 & 2041, and permission of instructor
KIN	3042	3	K&HP Upper Division Program & B or better in PHYS 1050 <u>or</u> C or better in PHYS 1110, 1210, or 1310 and completion of KIN 2040
KIN	3044	3	K&HP Upper Division Program & concurrent enrollment in or completion of KIN 3021
KIN	3050	2	Junior standing; C or better in KIN 2040 & 2041 or permission of instructor
KIN	3052	3	K&HP Upper Division Program Criteria & C or better in KIN 2040
KIN	3060	3	Junior standing, C or better in PSYC 1000, declared KHP or PHET major, minimum 2.75 GPA, or permission from instructor
KIN	4010	3	Completion of KIN 3021
KIN	4015	1-12	C or better in KIN 3010; completion of 13 credits of upper-division KIN/HLED coursework, minimum 2.75 GPA; must take a minimum of 6 credit hours in HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
KIN	4016	1-12	Minimum sophomore standing, declared KHP major, permission of instructor, and minimum 2.75 GPA; must take a minimum of 6 credit hours of HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
KIN	4020	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000 & concurrent enrollment in or completion of KIN 3021
KIN	4024	3	K&HP Upper Division Program Criteria & completion of 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
KIN	4042	3	K&HP Upper Division Program Criteria & C or better in KIN 3042
KIN	4056	4	K&HP Upper Division Program Criteria & C or better in: KIN 3021 & KIN 3010
KIN	4062	3	K&HP Upper Division Program Criteria & completion of KIN 3010
KIN	4090	3	Sophomore status, minimum 2.5 GPA
KIN	4097	3	Declared KHP or PHET major, junior standing, minimum 2.75 GPA
KIN	4900	3	K&HP Upper Division Program Criteria & other specified courses
USP 2015	C3	3	USP 2015 C2