

Kinesiology & Health Promotion, BS



University of Wyoming, 2015-16

Students must make application for admission to the final two years of the Kinesiology & Health Promotion (K&HP) program. Minimum qualifications considered include: completion of coursework specific to the first two years of the program; a minimum gpa of 3.00; completion of a written essay; and a criminal background check. Admission to the K&HP program is competitive, and applicants meeting the minimum requirements are not guaranteed admission into the program. The application deadline for a fall semester admission is April 15 and for spring semester, November 20. Approximately 45 students are admitted into the program for fall semester and 25 for spring semester.

Freshman Fall Semester			Hrs	Min Grade	Notes
		USP First-Year Seminar	3	C	FY
CHEM	1000	Introduction to Chemistry *	4	B	PN; can substitute CHEM 1020 (General Chemistry I) ** ****.
ENGL	1010	College Composition and Rhetoric	3	C	C1
MATH	1400	College Algebra *	3		Q; can substitute MATH 1405 (Trigonometry) *** or MATH 1450 (Algebra & Trigonometry) * ****.
PSYC	1000	General Psychology	3		H
Credit hours subtotal:			16		

Freshman Spring Semester			Hrs	Min Grade	Notes
		USP Human Culture	3		H
FCSC	1141	Nutrition	2		
HLED	1006	Personal Health	3		
KIN	1006	Introduction to Kinesiology & Health	1		Required if KIN 1101 is not taken to fulfill the FY requirement.
LIFE	1010	General Biology	4		PN
		Elective	3		Can substitute CHEM 1030 (General Chemistry II) if needing therapeutic science emphasis ****.
Credit hours subtotal:			16		

Sophomore Fall Semester			Hrs	Min Grade	Notes
		USP Communication 2	3	C	C2
KIN	2040	Human Anatomy	3		
KIN	2041	Human Anatomy Lab	1		
PHYS	1050	Concepts of Physics	4		Can substitute PHYS 1110 (General Physics I) if needing therapeutic science emphasis ****.
		Elective	3		
Credit hours subtotal:			14		

Sophomore Spring Semester			Hrs	Min Grade	Notes
		USP US & Wyoming Constitutions	3		V
STAT	2050	Fundamentals of Statistics	4		Can substitute STAT 2070 (Intro Statistics for the Social Sciences).
ZOO	3115	Human Systems Physiology	4		
		Elective	3		Can substitute PHYS 1120 (General Physics II) if needing therapeutic science emphasis ****.
Credit hours subtotal:			14		

This is a guide for course work in the major; actual course sequence may vary by student. Please refer to the online student degree evaluation, and consult with an academic advisor. • Not all courses are offered every semester and some electives may have prerequisites. Students should review the course descriptions in the *University Catalog* and consult with their academic advisor to plan accordingly.

University of Wyoming requirements:

Students must have a minimum cumulative GPA of 2.0 to graduate. • Students must complete 42 hours of upper division (3000-level or above) coursework, 30 of which must be from the University of Wyoming. • Courses must be taken for a letter grade unless offered only for S/U. • University Studies Program (USP) Human Culture (H) and Physical & Natural World (PN) courses must be taken outside of the major subject, but can be cross-listed with the major.

Kinesiology & Health Promotion, BS



University of Wyoming, 2015-16

Junior Fall Semester			Hrs	Min Grade	Notes
KIN	3021	Physiology of Exercise	4		
		KIN/HLED Req & Elective Courses ^	11		
		Credit hours subtotal:	15		

Junior Spring Semester			Hrs	Min Grade	Notes
KIN	3010	Fundamentals/Health & Fitness Assess	3		
		KIN/HLED Req & Elective Courses ^	12		
		Credit hours subtotal:	15		

Senior Fall Semester			Hrs	Min Grade	Notes
		USP Communication 3	3	C	C3
KIN	4015	Internship *****	3		Can add or substitute HLED 4016 (Research Experience in Kin & Health) *****.
		KIN/HLED Req & Elective Courses ^	9		
		Credit hours subtotal:	15		

Senior Semester Two			Hrs	Min Grade	Notes
KIN	4015	Internship *****	3		Can add or substitute HLED 4016 (Research Experience in Kin & Health) *****.
		KIN/HLED Req & Elective Courses ^	12		
		Credit hours subtotal:	15		

TOTAL CREDIT HOURS: 120

College of Health Sciences Notes:

Performance expectations for majors in the College of Health Sciences exceed institutional requirements. Please discuss with an academic advisor to understand the difference.

- Admission to the clinical portion of Health Sciences majors is competitive and is not guaranteed even with minimum qualifications. Be prepared to meet and exceed expectations.
- Background checks are required at some point within all Health Science majors and careers. Students should understand the long-term ramifications of all decisions and actions early on so as not to jeopardize future academic and career goals.

Kinesiology & Health Promotion Program Notes:

* Requires MATH ACT ≥ 23 , MATH SAT ≥ 600 , Math Placement Exam ≥ 3 , or $\geq C$ in MATH 0925. (University standard)

** Requires MATH ACT ≥ 23 , MATH SAT ≥ 600 , Math Placement Exam ≥ 3 , and concurrent enrollment in MATH 1400, 1405, or 1450. (University standard)

*** Requires MATH ACT ≥ 25 , MATH SAT ≥ 600 , Math Placement Exam ≥ 4 , or $\geq C$ in MATH 1400. (University standard)

**** These courses are recommended/required for students needing the "therapeutic sciences" emphasis (e.g., those pursuing professional degrees in medicine, PT, OT, optometry, chiropractic care, etc.).

- Elective coursework up to 16 credit hours may/should include additional science/math coursework offered outside the Division of Kinesiology and Health according to student needs and course availability. Students will need to meet with their advisor and/or the College of Health Sciences pre-professional advisors to determine which elective science/math coursework may be required/recommended.

Kinesiology & Health Promotion, BS



University of Wyoming, 2015-16

Kinesiology and Health Promotion Program Notes con't:

***** **Six (6) credit hours of internship and/or research internship** are required for the Kinesiology & Health Promotion major. Up to 12 credit hours may be completed and applied toward the program of study. Internship credit hours may be split across terms (e.g., fall/spring/summer) or may be completed in a semester if coursework scheduling allows. One credit hour of internship/research experience is equivalent to 40 contact hours. The selection of a site and arrangements for the internship/research experience should be discussed with an academic advisor and the internships/research coordinator once the student has completed at least KIN 3010 and KIN 3021. • First-aid and CPR certification are required prior to the start of the internship/research experience.

^ HLED and Kin Required and Elected Coursework

HLED and KIN Required Coursework (19 hours)

- HLED 3020 Community & Public Health Promotion (3 hrs)
- KIN 3010 Fundamentals of Health & Fitness Assessment (3 hrs)
- KIN 3021 Physiology of Exercise (4 hrs)
- KIN 3034 Lifespan Motor Development (3 hrs) **OR** KIN 4020 Motor Behavior (3 hrs)
- KIN 3037 Sport Psychology (3 hrs) **OR** KIN 3038 Exercise Psychology (3 hrs)
- KIN 3042 Biomechanics of Human Movement (3 hrs)

HLED and KIN Elected Coursework (15 hours minimum)

- HLED 4020 Food, Health and Justice (3 hrs)
- HLED 4025 Teaching Sensitive Issues in Human Sexuality (3 hrs)
- HLED 4130 Management of Coordinated School Health Program (3 hrs)
- KIN 3034 Lifespan Motor Development (3 hrs)
- KIN 3037 Sport Psychology (3 hrs)
- KIN 3038 Exercise Psychology (3 hrs)
- KIN 3040 Teaching Human Anatomy (3 hrs)
- KIN 3050 Prevention and Care of Injuries (3 hrs)
- KIN 3052 Rehabilitation of Injuries (3 hrs)
- KIN 3058 Therapeutic Modalities for the Athletic Trainer (3 hrs)
- KIN 3060 Understanding Skill Acquisition for Teaching (3 hrs)
- KIN 4020 Motor Behavior (3 hrs)
- KIN 4024 Physical Activity Epidemiology (3 hrs)
- KIN 4029 Methods of Training and Conditioning (3 hrs)
- KIN 4042 Applied Biomechanics (3 hrs)
- KIN 4056 Advanced Exercise Testing and Prescription (3 hrs)
- KIN 4062 Concepts of Human Aging (3 hrs)
- KIN 4090 Foundations of Coaching (3 hrs)
- KIN 4097 Individual Problems: Mentoring in Human Anatomy (3 hrs)
- KIN 4900 Topics In: Concepts in Physical Therapy (2 hrs)
- KIN 4900 Topics In: Functional Movement Analysis (3 hrs)