

University of Wyoming Sample Four-Year Degree Plan  
Catalog Year: 2018-19

## Kinesiology and Health Promotion, BS



This sample degree plan is a guide, to be used for planning in consultation with your academic advisor. Actual course sequence may vary by student.

Minimum qualifications for the final two years of the Kinesiology & Health Promotion (K&HP) program include completion of coursework specific to the first two years of the program and a minimum GPA of 2.75 (preferred 3.0).

Sequence	Course Prefix	Course Number	Course Title	Credit Hours	Min Grade	Notes
			USP First-Year Seminar	3	C	FY
	ENGL	1010	College Composition and Rhetoric	3	C	C1
	CHEM	1000	Introduction to Chemistry <sup>^</sup>	4	B	PN; or C in CHEM 1020 (General Chemistry 1) <sup>^^*</sup>
	MATH	1400	College Algebra <sup>^</sup>	3	C	Q; or MATH 1405 (Trigonometry) <sup>^^^*</sup> or MATH 1450 (Algebra & Trigonometry) <sup>^</sup>
	PSYC	1000	General Psychology	3	C	H
<b>Credit hours subtotal:</b>				<b>16</b>		

### Freshman Spring Semester

			USP US & Wyoming Constitutions	3	C	V
	LIFE	1010	General Biology <sup>^</sup>	4	C	PN
	FCSC	1141	Principles of Nutrition	3	C	
	HLED	1006	Personal Health	3	C	
	KIN	1006	Intro to Kinesiology & Health <sup>**</sup>	1	C	
<b>Credit hours subtotal:</b>				<b>14</b>		

### Sophomore Fall Semester

	KIN	2040	Human Anatomy	3	C	
	KIN	2041	Human Anatomy Lab	1	C	
	PHYS	1050	Concepts of Physics <sup>^^^</sup>	4	C	PN; or PHYS 1110 (General Physics I) <sup>^^^^^*</sup>
			USP Communication 2	3	C	C2
			Elective	4		
<b>Credit hours subtotal:</b>				<b>15</b>		

### Sophomore Spring Semester

	ZOO	3115	Human Systems Physiology	4	C	
	STAT	2050	Fundamentals in Statistics	4	C	Q; or STAT 2070 (Statistics for Social Sciences)
			USP Human Culture	3	C	H
			Elective	4		
<b>Credit hours subtotal:</b>				<b>15</b>		

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.

#### 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 Sciences 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 and Health Promotion program notes:

Students must have a minimum cumulative GPA of 2.75 (3.0 preferred) to graduate. • Students must complete 48 hours of upper division (3000-level or above) coursework, 30 of which must be from the University of Wyoming. • 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.

<sup>^</sup> Requires MATH ACT ≥ 23, MATH SAT ≥ 600, Math Placement Exam ≥ 3, or ≥ C in MATH 0925.

<sup>^^</sup> Requires MATH ACT ≥ 23, MATH SAT ≥ 600, Math Placement Exam ≥ 3, and concurrent enrollment in MATH 1400, 1405, or 1450.

Notes continued on next pages.

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### Suggested Course Schedule for Students meeting KIN 3021 entry requirements (minimum 2.75 GPA)

Sequence	Course Prefix	Course Number	Course Title	Credit Hours	Min Grade	Notes
<b>Junior Fall Semester</b>						
	KIN	3021	Physiology of Exercise	3		
	KIN	3022	Physiology of Exercise Lab	1		
	HLED	3020	Community & Public Health Promotion	3		
	KIN	3034 / 4020	Lifespan Motor Devpmt / Motor Behavior	3		
			KIN/HLED elective***	3		
			Elective	3		
<b>Credit hours subtotal:</b>				<b>16</b>		
<b>Junior Spring Semester</b>						
	KIN	3010	Fundamentals of Health & Fitness Assessment	3		
	KIN	3042	Biomechanics of Human Movement	3		
	KIN	3037 / 3038	Sport Psychology / Exercise Psychology	3		
			KIN/HLED elective***	3		
			Elective	3		
<b>Credit hours subtotal:</b>				<b>15</b>		
<b>Senior Fall Semester</b>						
	KIN/HLED	4015	Internship****	3		or KIN/HLED 4016 (Research Internship)****
			USP Communication 3	3		C3
			KIN/HLED electives***	6		
			Elective	3		
<b>Credit hours subtotal:</b>				<b>15</b>		
<b>Senior Spring Semester</b>						
	KIN/HLED	4015	Internship****	3		or KIN/HLED 4016 (Research Internship)****
			Upper division electives	5		
			KIN/HLED elective***	3		
			Elective	3		
<b>Credit hours subtotal:</b>				<b>14</b>		
<b>TOTAL CREDIT HOURS</b>				<b>120</b>		

**Kinesiology and Health Program notes continued:**

^^^ Requires MATH ACT ≥ 25, MATH SAT ≥ 600, Math Placement Exam ≥ 4, or ≥ C in MATH 1400.

^^^^ Requires MATH 1000 OR Math Placement Exam ≥ 3

^^^^^ Requires MATH 1405 or MATH 1450 or equivalent

\* Courses recommended/required for students pursuing the Therapeutic Sciences or other pre-professional health options (e.g., medicine, PT, OT, optometry, chiropractic, 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 pre-professional advisors in the College of Health Sciences to determine which elective science/math coursework may be required/recommended.

\*\* Required in freshman or sophomore years if First Year Seminar course completed is not KIN 1101 (Science of Human Movement; 3CR). Transfer students may be exempt from KIN 1006 (contact K&H Advising Office (307)-766-5779).

\*\*\* A minimum of 15 credits from the list below can be taken as KIN/HLED Elective courses:

**HLED 4005** Global Health in Modern Society (3 cr.); **HLED 4020** Food, Health, & Justice (3 cr.); **HLED 4025** Teaching Sensitive Issues in Human Sexuality (3 cr.); **HLED 4030** Teaching about Alcohol & Substance Abuse (3 cr.); **HLED 4130** Management of Coordinated School Health Program (3 cr.); **KIN 2050** Socio-Cultural Aspects of Physical Activity, Exercise, & Sport (3 cr.); **KIN 3040** Teaching Human Anatomy (3 cr.); **KIN 3044** Concepts in Physical Therapy (3 credits); **KIN 3050** Prevention and Care of Injuries (2 cr.); **KIN 3052** Rehabilitation of Athletic Injuries (3 cr.); **KIN 3058** Therapeutic Modalities for the Athletic Trainer; **KIN 3060** Understanding Skill Acquisition for Teaching (3 cr.); **KIN 4010** Pediatric Exercise Physiology (3 cr.); **KIN 4024** Physical Activity Epidemiology (3 cr.); **KIN 4025** Functional Movement Analysis (3 cr.); **KIN 4029** Methods of Training & Conditioning (3 cr.); **KIN 4042** Applied Biomechanics (3 cr.); **KIN 4056** Advanced Exercise Testing & Prescription (4 cr.); **KIN 4062** Applied Concepts in Human Aging (3 cr.); **KIN 4090** Foundations in Coaching (3 cr.). Students may also elect to take HLED / KIN 4900 courses, which are topical courses that offer a chance to discuss contemporary issues in health and kinesiology. In addition, students may elect to take the additional course for motor behavior / development or sport / exercise psychology. For example, if a student has already taken KIN 3037, they may take KIN 3038 toward their KIN / HLED Elective credit; likewise, if they have already taken KIN 3034, they may opt to take KIN 4020 toward their KIN / HLED Elective credit.

\*\*\*\* Six (6) credit hours of internship &/or research are required for the Kinesiology and 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 single semester if coursework and scheduling allows.