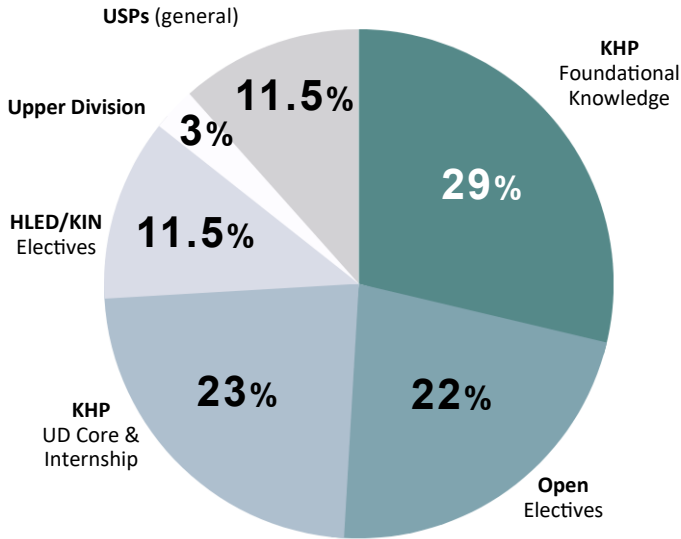


Kinesiology and Health Promotion

Degree Guide



University Studies Program (USP) General Requirements

Subject	Credit	Pre-requisites
USP 15 FYS*	3	(Must earn a minimum of 'C')
ENG 1010	3	None
USP 15 COM 2	3	COM 1
USP 15 H	3	None
USP 15 V	3	None

15 credits

Upper Division Program Criteria:

Once entrance requirements have been met for KIN 3021 & 3022, students may register for additional 3000 & 4000 level KIN/HLED coursework.

If entrance requirements are not met, students (with a GPA at or near 2.75) are allowed to take up to (6) credits from the following list before entrance into the 3021/22 Gateway course:

HLED 3020 HLED 4005 HLED 4025 HLED 4027
HLED 4030 KIN 3050 KIN 3060 KIN 4090

3rd Year Expectations:

- Maintenance of 2.75 cum gpa
- Successful completion of pre-requisite coursework
- College of Health Science standardized expectations (completed during the semester prior to the start of KIN/HLED 4015/4016 experience):
 1. Background Check
 2. CPR Certification*

*can be completed through any of the following:

Community college course, American Heart Association, American Red Cross, UW Half Acre offerings, or a local organization

Internship or Research:

- In order to graduate with a degree in KHP, one of the two options is required. One academic credit hour is equivalent to 40 contact hours.
- The experience can be completed during fall, spring, or summer.
- Arrangements should be discussed with the respective internship or research coordinator, upon the completion of KIN 3021/22 & KIN 3024.
- NOTE:** the maximum number for KIN 4016 is 6 credit hours

Foundational Knowledge: First & Second Years

Degree-specific USP Requirements

Subject	Credit	Pre-requisites
CHEM 1000/1020	4	1000: Math ACT 23/MPE 3
LIFE 1010	4	Math ACT 21/MPE 2
MATH 1400/05/50	3-5	Math ACT 23/MPE 3
PSYC 1000	3	None

14-16 credits

Degree-specific Requirements

Subject	Credit	Pre-requisites
FCSC 1141	3	None (successful completion of LIFE 1010, recommended)
HLED 1006	3	None
KIN 1006	1	Declared KHP, not required if KIN 1101 is completed
KIN 2040	3	LIFE 1010 (required for KHP students)
KIN 2041	1	Concurrent or previous KIN 2040
PHYS 1050/1110	4	1050: MATH 1400 (or equiv); 1110: MATH 1405 or 1450
STAT 2050/2070	4	MATH 1400, 1405, or 1450
ZOO 3115	4	CHEM 1000: B or better; or, CHEM 1020: C or better; LIFE 1010: C or better

23 credits

Core Coursework: Third & Fourth Years

Kinesiology Upper Division Core

HLED 3020	Community & Public Health	3
KIN 3021*	Exercise Physiology	3
KIN 3022*	Exercise Physiology Lab	1
KIN 3024	Fundamentals of Health & Fitness Assessment	3
KIN 3034 or 4020	Lifespan Motor Dev. or Motor Behavior	3
KIN 3037 or 3038	Sport Psychology or Exercise Psychology	3
KIN 3042	Biomechanics of Human Movement	3

*KIN 3021/22 is the gateway course for KHP. Enrollment requires a grade of C or better in Math, Anatomy, and Human Systems Physiology courses.

19 credits

Upper Division (to equal 48 total credits)

HLED/KIN Elective courses**	15
Communication 3 Course	3
Upper Division (any)	1

**One flexible credit hour from the HLED/KIN Elective hours can be added to the Internship Experience, if needed

19 credits

Internship or Research Experience

KIN 4015	Internship in Health/Kinesiology and/or	TBD
KIN 4016	Research Exp. in Health/Kinesiology	TBD

typically
6 credits

Open Electives

Credit hours may adjust, based on foundational coursework earned hours. Elective hours could be applied to Professional School pre-requisites (such as additional science coursework), or a minor.

approximately
24 credits

Recommended Pre-requisite Sequencing for Timely Degree Completion



Remaining semester schedule (within first two years) could include:

- CHEM 1020 General Chem II
- ENGL 1010 College Comp. & Rhet.
- KIN 1101 FYS (options vary)
- Elective Lower Division, any
- COM 2 (refer to list)
- HLED 1006 Personal Health
- KIN 1006, if needed
- PSYC 1000 General Psychology
- FCSC 1141 Prin. of Nutrition
- PHYS 1050/1110 Physics (tbd)
- USP 15: H or V (refer to list)
- Elective Lower Division, any
- STAT 2050/70 Statistics (tbd)
- USP 15: H or V (refer to list)
- KIN 2050 (KHP Elective) or HLED 3020

HLED/KIN Elective Options

Subject	Credits	Title	Typically Offered	Pre-requisites
HLED 3020	3	Community and Public Health	F • Sp • Su	HLED 1006; successful completion of USP COM 2; min 2.75 GPA
HLED 4005	3	Global Health in Modern Society	F	Sophomore standing,; min 2.75 GPA
HLED 4020	3	Food, Health, and Justice	F	Successful completion of USP COM 2; min 2.75 GPA
HLED 4021	3	Creating Conditions for Community Health	Sp	Junior standing; min 2.5 GPA; or certified K-12 teacher
HLED 4025	3	Teaching Sensitive Issues in Human Sexuality	Sp • Su	Junior standing; min 2.5 GPA; or certified K-12 teacher
HLED 4027	3	Emergency Prep & Response	Sp	Successful completion of USP COM 2; min 2.75 GPA
HLED 4030	3	Teaching about Alcohol & Substance Abuse	Sp	Sophomore standing; min 2.75 GPA; instructor permission
HLED 4130	3	Management of Coord. School Health Prog.	Su	Junior standing; min 2.5 GPA; or certified K-12 teacher
HLED 4900	3	Topics Courses (including, but not limited to): <ul style="list-style-type: none"> ▪ Crime & Exercise in Scotland ▪ Ecological Approaches to Comm. Health ▪ Foundations of Health Coaching 	varies	Junior standing; min 2.75 GPA
KIN 2050	3	Socio-Cultural Aspects of Physical Activity	F • Sp	USP15: FYS & COM 1 (both F & Sp)
KIN 3021	3	Physiology of Exercise	F • Sp • Su	Min 2.75 GPA; C or better in Math, Human Anatomy, & Human Systems Physiology
KIN 3022	1	Physiology of Exercise Laboratory	F • Sp • Su	Successful completion or concurrent enrollment of KIN 3021
KIN 3024	3	Fundamentals of Health & Fitness Assessment	F • Sp	Successful completion or concurrent enrollment of KIN 3021
KIN 3034	3	Lifespan Motor Development	F	C or better in PSYC 1000; Junior standing; 2.75 GPA
KIN 3037	3	Sport Psychology	F or Sp	PSYC 1000 and completion/current enrollment of KIN 3021
KIN 3038	3	Exercise Psychology	F or Sp	PSYC 1000; Junior standing
KIN 3040	3	Teaching Human Anatomy	F • Sp • Su	B or better in KIN 2040/2041; instructor permission
KIN 3042	3	Biomechanics of Human Movement	F • Sp • Su	C or better in PHYS 1050; C or better in 1110/1210/1310; & completion of KIN 2040
KIN 3044	3	Concepts in Physical Therapy	Sp	Completion or current enrollment of KIN 3021
KIN 3050	2	Prevention & Care of Athletic Injuries	F • Sp	Junior standing; C or better in KIN 2040/2041, 2.75 GPA; or instructor permission
KIN 3060	3	Understanding Skill Acquisition for Teaching	Sp	Junior standing; min 2.75 GPA; C or better in PSYC 1000 or instructor permission
KIN 4015	1-7	Internship Experience in Kinesiology & Health	F • Sp • Su	Successful completion of KIN 3010/24; CPR/1st Aid Cert; backgr. check
KIN 4016	1-6	Research Experience in Kinesiology & Health	F • Sp • Su	Sophomore standing; min 2.75 GPA; CPR/1st Aid Cert; backgr. check
KIN 4020	3	Motor Behavior	F • Sp • Su	C or better in PSYC 1000, completion/concurrent enrollment KIN 3021
KIN 4025	3	Functional Movement Analysis	F • Sp • Su	Successful completion of KIN 3021; min 2.75 GPA
KIN 4029	4	Methods of Training & Conditioning	F • Sp	Successful completion of KIN 3021; min 2.75 GPA
KIN 4056	3	Advanced Exercise Testing & Prescription	F	Successful completion of KIN 3021 & 3024
KIN 4062	3	Concepts of Human Aging	Sp	KHP student; completion/concurrent enrollment of KIN 3024
KIN 4090	3	Foundations of Coaching	Su	Sophomore status; min 2.5 GPA
KIN 4097-02	3	Mentoring Human Anatomy	F • Sp	Completion of KIN 3040; instructor permission
KIN 4900	1-3	Topics Courses (including, but not limited to): <ul style="list-style-type: none"> ▪ Applied Muscle Phys. & Related Signaling ▪ Drugs & Exercise Performance 	varies	Successful completion of KIN 3021/22 Successful completion of KIN 3021/22

Pre-Health Announcement

KHP is a great degree for various careers in health care. If you are interested in becoming a strong applicant to graduate schools within allied health, you are invited to connect with the Pre-Health Advising Office at hsadvise@uwyo.edu or <https://www.uwyo.edu/preprof/>.

Your career of choice will determine which math and science courses you will need to take. Visit with their office early in your undergraduate career.