

**KINESIOLOGY AND HEALTH PROMOTION (K&HP)
PROGRAM OF STUDY
USP 2015 (October 25, 2017)**

FRESHMAN-SOPHOMORE YEARS (60 credit hours)

University Studies 2015 Coursework (29-31 credit hours)

Communication 1 (COM1)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
ENGL 1010	3	English Composition

Communication 2 (COM2)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
USP 2015 COM2	3	Elected

First Year Seminar (FYS)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
USP 2015 FYS	3	Elected

Human Culture (H)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
USP 2015 H	3	Elected
PSYC 1000	3	General Psychology

Physical and Natural World (PN)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
CHEM 1000/1020	4	Introduction to Chemistry or General Chemistry I
LIFE 1010	4	General Biology

Quantitative Reasoning (Q)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
MATH 1400/05/50	3-5	Algebra, Trigonometry, or Combined

U.S. & Wyoming Constitution (V)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
USP 2015 V	3	Elected

Required Coursework (22-23 credit hours)

<u>Course Prefix/Number</u>	<u>Credit</u>	<u>Title</u>
FCSC 1141 ¹	3	Principles of Nutrition
HLED 1006	3	Personal Health
KIN 1006 ²	1	Introduction to Kinesiology and Health
KIN 2040	3	Human Anatomy [Prerequisite: LIFE 1010]
KIN 2041	1	Human Anatomy Lab [Prerequisite: LIFE 1010]
PHYS 1050/1110	4	Concepts of Physics or General Physics I
STAT 2050/2070	4	Fundamentals of Statistics or Introductory Statistics [Prerequisite: MATH 1400/05/50]
ZOO 3115	4	Human Systems Physiology [Prerequisites: Minimum C in CHEM 1020 or B in CHEM 1000; C in LIFE 1010]

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 (3 credit hours)

Elective Coursework (6-9 credit hours)

Students must complete between 6 and 9 credit hours of elected coursework selected from course offerings at the 1000-4000 level. These courses may be taken from any department in the University.

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.

JUNIOR-SENIOR YEARS (60 credit hours)

Only students who meet KIN 3021 entrance/pre-requisite requirements may move forward in the last two years of the K&HP Professional Program. Students in the professional program may enroll in 3000 or 4000 level HLED and KIN courses *with the exception* of HLED 3020, KIN 3060, and KIN 3050, which may be completed prior to being in the professional program.

University Studies 2015 Coursework (3 credit hours)

Communication 3 (COM3)

Course Prefix/Number	Credit	Title
USP 2015 COM3	3	Elective [Prerequisites: COM1 & COM2]

HLED and KIN Required Coursework (19 credit hours)

Course Prefix/Number	Credit	Title
HLED 3020	3	Community and Public Health Promotion [Prerequisite: None]
KIN 3021	3	Physiology of Exercise [Prerequisites: Min 2.75 GPA; Min of C in Math, Anatomy, Human Systems Phys]
KIN 3022	1	Physiology of Exercise Lab [Prerequisites: Completion of or concurrent enrollment in KIN 3021]
KIN 3010	3	Fundamentals of Health & Fitness Assessment [Pre/Co-requisite: KIN 3021]
KIN 3034 or 4020	3	Lifespan Motor Development or Motor Behavior [Prerequisite: PSYC 1000]
KIN 3037 or 3038	3	Sport Psychology or Exercise Psychology [Prerequisite: PSYC 1000]
KIN 3042	3	Biomechanics of Human Movement [Prerequisite: PHYS 1050 or 1110]

HLED and KIN Elective Coursework (minimum of 15 credit hours)

Course	Credit	Title
HLED 4020	3	Food, Health, and Justice [Prerequisite: None]
HLED 4025	3	Teaching Sensitive Issues in Human Sexuality [Prerequisite: None]
HLED 4030	3	Teaching About Alcohol and Substance Abuse [Prerequisite: None]
HLED 4130	3	Management of Coordinated School Health [Prerequisite: None]
HLED 4900	3	Ecological Approaches to Community Health [Prerequisite: None]
HLED 4900	3	Emergency Preparedness & Response [Prerequisite: None]
HLED 4900	3	Global Health [Prerequisite: None]
KIN 2050	3	Socio-Cultural Aspects of Physical Activity, Exercise, & Sport [Prerequisite: FYS, COM1]
KIN 3034	3	Lifespan Motor Development [Prerequisite: PSYC 1000]
KIN 3037	3	Sport Psychology [Prerequisite: PSYC 1000]
KIN 3038	3	Exercise Psychology [Prerequisite: K&HP Professional Program]
KIN 3040	3	Teaching Human Anatomy [Prerequisite: KIN 2040 & 2041]
KIN 3044	3	Concepts in Physical Therapy [Prerequisite: ZOO 3115 or equivalent human systems phys. course]
KIN 3050	3	Prevention and Care of Injuries [Prerequisite: LIFE 1000 or 1010]
KIN 3052	3	Rehabilitation of Injuries [Prerequisite: KIN 3021]
KIN 3058	3	Therapeutic Modalities for the Athletic Trainer [Prerequisite: KIN 3021]
KIN 3060	3	Understanding Skill Acquisition for Teaching [Prerequisite: PSYC 1000]
KIN 4010	3	Pediatric Exercise Physiology [Prerequisite: KIN 3021]
KIN 4020	3	Motor Behavior [Prerequisite: PSYC 1000]
KIN 4024	3	Physical Activity Epidemiology [Prerequisite: KIN 3021]
KIN 4025	3	Functional Movement Analysis [Prerequisite: KIN 3021]
KIN 4029	3	Methods of Training and Conditioning [Prerequisite: KIN 3021 <u>or</u> approval of instructor]
KIN 4042	3	Applied Biomechanics [Prerequisite: KIN 3042]
KIN 4056	3	Advanced Exercise Testing and Prescription [Prerequisites: KIN 3021 & 3010]
KIN 4062	3	Concepts of Human Aging [Prerequisite: KIN 3021]
KIN 4090	3	Foundations of Coaching [Prerequisite: None]
KIN 4097	3	Mentoring in Human Anatomy [Prerequisite: KIN 3040]
KIN 4900	3	Drugs and Exercise Performance [Prerequisite: KIN 3021]

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.

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.

Minimum Degree Requirements: 120 Credit Hours, 48 of which must be at the 3000-4000 Level

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, the following coursework needs to be completed with a minimum 2.75 UW GPA (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 UW GPA of 2.75; Preferred 3.00
2. Successful completion of: CHEM 1000 or 1020; ENGL 1010; FCSC 1141; HLED 1006; KIN 1006; KIN 2040; KIN 2041; LIFE 1010; MATH 1400, 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.
3. **Please note:** In addition to the minimum GPA 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. Students who receive grades lower than a C will not be allowed to enroll in KIN 3021.

Please complete and submit a professional program form for advancement to the K&HP upper division coursework. The form can be found on the K&H website and must be completed once the criteria above have been met. Form submission deadlines are April 15 for fall semester and November 20 for spring semester. Forms can be submitted to Corbett 119A.

UNIVERSITY STUDIES PROGRAM (USP) 2015

<u>USP 2015 Components</u>	<u>Course</u>	<u>Credits</u>
1. Communication 1 (COM1)	ENGL 1010	3
2. Communication 2 (COM2)	Elected	3
3. Communication 3 (COM3)	Elected	3
4. First Year Seminar (FYS)	Elected	3
5. Human Culture (H)	Elected	3
	PSYC 1000	3
6. Physical Natural World (PN)	CHEM 1020	4
	LIFE 1010	4
7. Quantitative Reasoning (Q)	MATH 1400, 1405, or 1450	3-5
8. U.S. and Wyoming Constitution (V)	Elected	3
	Total Hours:	32-34