



Office of  
Transfer Relations

Catalog: 2026-2027 University of Wyoming Catalog Program:  
Kinesiology and Health Promotion, B.S.

## Wyoming Transfer Alignment Guide (WyoTAG)

### Kinesiology and Health Promotion, B.S.

The B.S. in Kinesiology and Health Promotion degree prepares students for careers in community and public health, exercise physiology, health and wellness, personal training, coaching, strength and conditioning, biomechanics, nutrition, basic science, and behavioral science. The program is also excellent for students seeking to enter pre-professional careers such as athletic training, chiropractic, physical therapy, occupational therapy, physician assistant and medicine.

### Degree Requirements

This degree requires 120 credits, 48 of which are upper-division credits.

### University Studies Program

This degree requires that The University Studies Program 2015 requirements are met before graduation. Some of the courses required for this major fulfill USP requirements, but not all. Students should check their degree evaluations and consult with their assigned academic advisor to discuss their specific course plan.

| Course Name                                                                     | Credits | UW Course in Major        | AA/AS/AB/ADN satisfies this USP |
|---------------------------------------------------------------------------------|---------|---------------------------|---------------------------------|
| C 1-Communication 1 (COM1)                                                      | 3       |                           | X                               |
| C 2-Communication 2 (COM2)                                                      | 3       |                           | X                               |
| C 3-Communication 3 (COM3)                                                      | 3       | (Must be completed at UW) |                                 |
| Q-Quantitative Reasoning (Q)                                                    | 3       | MATH 1400/1405*           | X                               |
| PN-Physical and Natural World (1) (PN)                                          | 3       | LIFE 1010*                | X                               |
| PN-Physical and Natural World (2) (PN)                                          | 3       |                           | X                               |
| H-Human Culture (1) (H)                                                         | 3       | PSYC 1000*                | X                               |
| H-Human Culture (2) (H)                                                         | 3       |                           | X                               |
| V-US & WY Constitution (V)                                                      | 3       |                           | X                               |
| FYS or USP Elective-Any 3-credit hour of FYS or 3-credit hours of USP electives | 3       |                           | X                               |

#### Notes:

- FYS courses have been paused. 3 hours from any additional USP designated courses is still required.
- This program contains specific USP requirements which are also part of the major requirements. Students transferring with earned associate degrees (AA/AS/AB/ADN) are exempt from USP but are still required to take these courses as part of the requirements for this program.

**Courses required for Major**

| Course Name                                                                       | Credits | Casper | CWC    | EWC    | LCCC   | NWCCD  | Northwest | Western |
|-----------------------------------------------------------------------------------|---------|--------|--------|--------|--------|--------|-----------|---------|
| PSYC 1000 - General Psychology H                                                  | 3       | X      | X      | X      | X      | X      | X         | X       |
| MATH 1400 - College Algebra Q<br>OR<br>MATH 1405 – Trigonometry Q                 | 3       | X      | X      | X      | X      | X      | X         | X       |
| CHEM 1000 - Introductory Chemistry PN<br>OR<br>CHEM 1020 - General Chemistry I PN | 4       | X      | X      | X      | X      | X      | X         | X       |
| LIFE 1010 - General Biology PN                                                    | 4       | Note 1 | Note 1 | Note 1 | Note 1 | Note 1 | Note 1    | Note 1  |
| FCSC 1141 - Principles of Nutrition                                               | 3       | Note 2 | Note 2 | Note 2 | Note 2 | Note 2 | Note 2    | Note 2  |
| HLED 1006 - Personal Health H                                                     | 3       | X      |        | X      | X      | X      | X         | X       |
| KIN 2040 - Human Anatomy                                                          | 3       | Note 3 | Note 3 | Note 3 | Note 3 | Note 3 | Note 3    | Note 3  |
| KIN 2041 - Human Anatomy Laboratory                                               | 1       | Note 3 | Note 3 | Note 3 | Note 3 | Note 3 | Note 3    | Note 3  |

| Course Name                                                                                                        | Credits |           |
|--------------------------------------------------------------------------------------------------------------------|---------|-----------|
| KIN 1006 - Introduction to Kinesiology and Health<br>Not required if student has taken KIN 1101 First-Year Seminar | 1       | UW Course |

**Courses required for Major Continued**

| Course Name                                                                                                       | Credits | Casper | CWC | EWC | LCCC | NWCCD | Northwest | Western |
|-------------------------------------------------------------------------------------------------------------------|---------|--------|-----|-----|------|-------|-----------|---------|
| STAT 2050 - Fundamentals of Statistics Q<br>OR<br>SOC/STAT 2070 Introductory Statistics for the Social Sciences Q | 4       | X      | X   | X   | X    | X     | X         | X       |
| PHYS 1050 - Concepts of Physics PN<br>OR<br>PHYS 1110 General Physics I PN                                        | 4       | X      | X   | X   | X    | X     | X         | X       |

| Course Name                                                                                                                 | Credits |           |
|-----------------------------------------------------------------------------------------------------------------------------|---------|-----------|
| ZOO 3115 - Human Systems Physiology                                                                                         | 4       | UW Course |
| HLED 3020 - Community and Public Health                                                                                     | 3       | UW Course |
| KIN 3021 - Physiology of Exercise<br>A minimum cumulative GPA of 2.750 (preferred 3.000) is required before taking KIN 3021 | 3       | UW Course |
| KIN 3022 - Lab Exp in Exercise Physiology<br>Taken concurrently with KIN 3021.                                              | 1       | UW Course |
| KIN 3024 - Fundamentals of Health and Fitness Assessment                                                                    | 3       | UW Course |
| KIN 3034 - Lifespan Motor Development<br>OR<br>KIN 4020 Motor Behavior                                                      | 3       | UW Course |
| KIN 3038 - Behavior and Performance in Exercise and Sport<br>OR<br>KIN 3039 - Psychology of Injury and Rehabilitation       | 3       | UW Course |
| KIN 3042 - Biomechanics of Human Movement                                                                                   | 3       | UW Course |

**Minimum of 6 hours total in:**

| Course Name                                                                                                                 | Credits |           |
|-----------------------------------------------------------------------------------------------------------------------------|---------|-----------|
| KIN 4015 - Internship Experience in Kinesiology<br>OR<br>HLED 4015 - Internship Experience in Health                        | 1-12    | UW Course |
| KIN 4016 - Research Experience in Kinesiology and Health<br>OR<br>HLED 4016 - Research Experience in Kinesiology and Health | 1-6     | UW Course |
|                                                                                                                             | 3-6     | UW Course |

## Elective Courses

KIN/HLED Upper-Division Elective Coursework (15 credits)

15 credits of 3000-4000 level KIN/HLED elective coursework is required in addition to the required KIN & HLED courses listed above. Consult with your advisor to see list of possible courses.

## General Electives (25 credits)

| Course Name       | Credits | Casper | CWC | EWC | LCCC | NWCCD | Northwest | Western |
|-------------------|---------|--------|-----|-----|------|-------|-----------|---------|
| General Electives | 25      | X      | X   | X   | X    | X     | X         | X       |

Degree must include 120 credits, at least 48 of which must be upper-division credits.

KIN and HLED electives (i.e., non required courses) from above may be counted towards these 25 credits. KIN 2050 is recommended as one elective course.

Consult with your academic advisor and your pre-health advisor (if applicable). Pre-health students will need to take additional professional prerequisite courses as electives.

## Additional Requirements

NOTE: Students must have a valid CPR certification prior to their KIN 4015 Internship or KIN 4016 Research Experience. Students will turn in a current copy with their internship or research application.

## PRE-HEALTH ANNOUNCEMENT

This degree is great preparation for various careers in health care and allied health. If you are interested in becoming a strong applicant to graduate school for a career in these fields, please tell your primary advisor and connect with the Pre-Health Advising Office on campus as soon as possible: <https://www.uwyo.edu/preprof/> or [hsadvise@uwyo.edu](mailto:hsadvise@uwyo.edu)

Your career of choice will determine which math and science courses you need to take in your first years, so talk to them early!

### Notes:

Note 1: All WYCCs offer BIOL 1010 which is equivalent to LIFE 1010.

Note 2: Casper, EWC, Sheridan and Northwest all offer FCSC 1141. CWC offers FCSC 1140. LCCC offers HOEC 1140 and Western offers HLED 1141.

Note 3:

- ZOO 2015 = KIN 2040 + KIN 2041 at UW
- At LCCC ZOO 2010 + ZOO 2020 = KIN 2040 + KIN 2041 at UW

COURSE SUBSTITUTIONS: WyoTAGs reflect published equivalencies. UW academic departments occasionally arrange for course substitutions when indirect equivalencies exist. Please contact your UW Academic Advisor for details.

EFFECTIVE DATE: This document is in effect as of the 2026-2027 catalog year; it reflects the published UW curriculum as of that date. Any changes to the UW curriculum or the WYCC course equivalents will require this document to be updated. To request an updated document, faculty should contact [transfer@uwyo.edu](mailto:transfer@uwyo.edu) via email.