

KINESIOLOGY, BS

Are you fascinated by the science of human movement? Then a major in **Kinesiology** might be for you. Join an exciting program where nationally known faculty are working to deepen our understanding of physical activity, health, exercise, and sport performance. As a Kinesiology major, you will study topics such as anatomy and physiology, biomechanics, psychosocial aspects of sport/exercise, motor development, and more. You will graduate ready to apply your knowledge and skills in professional settings including health care, athletics, wellness, and fitness. If you are interested in continuing your education, you will be well-positioned for graduate education in Kinesiology, as well as professional degree programs in athletic training (MSAT), physical therapy (DPT), and occupational therapy (MSOT).

Curious about Kinesiology, "the science that moves us"? We offer two introductory courses that all students can take to learn more about Kinesiology.

- **KIN 200: Introduction to Kinesiology.** In KIN 200, you will explore the science of human movement through different lenses. For example, you will study popular exercise/fitness trends, such as CrossFit, and explore the physiological, biomechanical, psychological, sociological, and motor behavior aspects of the trend. KIN 200 is an exciting course in which you will learn important scientific principles and research underlying the field of kinesiology.
- **KIN 230: Health Aspects of Exercise and Nutrition (NS GER).** KIN 230 introduces you to key concepts related to personal physical fitness and healthy eating. If you are interested in learning about and improving your own fitness and eating behaviors, this is a great class to take. *KIN 230 is an online course.

Interested in Physical Therapy or Athletic Training? If you are interested in pursuing a career in Physical Therapy or Athletic Training, the Kinesiology major is a great choice as you will learn the scientific foundations of human movement and be well-prepared for admission into a professional program. Academic advisors (<https://uwm.edu/publichealth/directory/rufer-torry/>) in the Zilber College of Public Health can help you put together a plan of study so that you complete the prerequisites for admission into the UWM Doctor of Physical Therapy (<https://uwm.edu/healthsciences/academics/dr-physical-therapy/>) (DPT) or Master of Science in Athletic Training (<https://uwm.edu/healthsciences/academics/ms-athletic-training/>) (MSAT) programs. As a Kinesiology major, you can select a pre-physical therapy or pre-athletic training designation.

Undergraduate students may opt to take advantage of the UWM Accelerated BS Kinesiology / MS Athletic Training program (<https://uwm.edu/healthsciences/academics/accelerated-kinesiology-athletic-training/>). This program is for high-performing students and entails completing three years as a Kinesiology undergraduate student and then moving into the MSAT program as a graduate student. At the end of the fourth year (the first in the MSAT program), the BS Kinesiology degree is conferred. Upon successful completion of years four and five, students earn the MS in Athletic Training.

Interested in transferring into the BS Kinesiology program from another school? We welcome transfer students! To learn about how to transfer credits from another school to UWM and the BS Kinesiology program, visit the UWM transfer page (<https://uwm.edu/undergrad-admission/apply/transfer/>). Students can also reach out to our Kinesiology

Academic Advisor (<https://uwm.edu/publichealth/directory/rufer-torry/>). Specific transfer guides can be found for the following schools:

- MATC to UWM Kinesiology (<https://uwm.edu/onestop/wp-content/uploads/sites/82/2021/04/MATC-to-Kinesiology-Transfer-Guide-pdf.pdf>)
- UWM Waukesha and Washington to UWM Kinesiology (https://catalog.uwm.edu/public-health/kinesiology-bs/UWM_Waukesha-Washington_CTY-Kinesiology_Updated_Transfer_Guide.pdf)
- Madison College to UWM Kinesiology (<https://uwm.edu/onestop/wp-content/uploads/sites/82/2021/04/Madison-College-to-Kinesiology-Transfer-Guide-pdf.pdf>)

Requirements

Requirements for the BS Kinesiology program can be found on the BS Kinesiology webpage (<https://uwm.edu/publichealth/academics/bs-kinesiology/>).

Note: Admission and progression criteria (including curricular requirements) for the BS Kinesiology Program are subject to change. Please contact the Office of Student Affairs, Enderis Hall 810, (414) 229-2758, for the most current information.

Course of Study

The undergraduate program is a four-year curriculum leading to a Bachelor of Science degree in Kinesiology. The program includes foundational studies, lab classes, and professional preparation leading to the completion of 120 credits for the Bachelor of Science degree.

Admission and progression criteria (including curricular requirements) for the BS Kinesiology Program are subject to change as of the publication date of this catalog. Please contact the Office of Student Affairs, NWQ Building B, 6th Floor, 414-229-2758, for the most current information.

Eligibility

Students interested in Kinesiology will remain eligible for continuation in the degree by maintenance of a UWM cumulative grade point average of 2.0 or higher. Students may not repeat more than four (4) of the Kinesiology Foundation Courses.

Admission

Students who are accepted to UWM with an interest in Kinesiology will be directly admitted to the major.

Retention

Retention in the program and graduation are dependent upon maintaining good academic standing. Good academic standing is defined as:

1. Maintenance of a 2.0 cumulative UWM GPA.
2. Maintenance of a 2.0 Kinesiology Core GPA with earned credit in all Kinesiology Core courses. Students may not repeat more than three (3) of the Kinesiology Core courses.

Degree Requirements

To fulfill the 120 credit requirement for the BS Kinesiology degree, Kinesiology students are required to complete the (a) University Core, (b) Kinesiology Foundations Coursework, (c) Kinesiology Core Coursework, (d) Upper Level and Advanced Level Kinesiology Elective Coursework, and

(e) Elective credits. Credit must be earned in all Kinesiology courses and a minimum 2.0 GPA (cumulative and Kinesiology Core) is required.

A. University Core

Kinesiology students are required to complete the University Core. For details, see UWM's General Education Requirements (<https://catalog.uwm.edu/policies/undergraduate-policies/#bachelorsdegreegeneraleducation>).

Code	Title	Credits
University Core		
<i>Competency Requirements</i>		
Oral and Written Communication (OWC) Part A & B		
Quantitative Literacy (QL) Part A & B		
Foreign Language		
<i>Distribution Requirements</i>		
Arts		3
Humanities		6
Natural Sciences		6
Social Sciences		6
Cultural Diversity		3

B. Kinesiology Foundations

Kinesiology students are required to earn credit in the following Kinesiology Foundations courses:

Code	Title	Credits
KIN 200	Introduction to Kinesiology	3
KIN 220	Anatomical Kinesiology	3
KIN 230	Health Aspects of Exercise and Nutrition	3
KIN 270	Statistics in the Health Professions: Theory and Practice	3
CHPS 245	Client Diversity in Health Sciences: An Interdisciplinary Perspective	3
ENGLISH 207	Health Science Writing	3
THERREC 103	Life Balance: An Understanding of Leisure	3
PH 101	Introduction to Public Health	3
Complete 3 credits of NUTR		3
Complete 3 credits of FitWell (Minimum 1 credit at 200-level)		3
Total Credits		30

C. Kinesiology Core

Kinesiology students are required to earn credit in the following Kinesiology Core courses:

Code	Title	Credits
KIN 300	Professional Preparation Seminar	1
KIN 320	Biomechanics	3
KIN 330	Exercise Physiology	4
KIN 350	Psychological Aspects of Sport and Exercise	3
KIN 351	Sociological Aspects of Health and Human Movement	3

KIN 360	Motor Development Across the Lifespan	3
KIN 361	Principles of Motor Learning	3
KIN 400	Ethics and Values in the Health and Fitness Professions	3
Total Credits		23

D. Upper and Advanced Level Kinesiology Coursework

In addition to the Kinesiology Foundations and Core requirements listed above, students will earn credit in a minimum of 12 credits of Upper Level and 6 credits of Advanced Level Kinesiology Coursework.

Code	Title	Credits
<i>Upper Level Kinesiology Requirement</i>		
Select 12 credits from KIN 300-599		12
<i>Advanced Level Kinesiology Requirement</i>		
Select 6 credits from KIN 500-599		6
Total Credits		18

E. Electives

Students may select elective coursework that aligns with their interests, as well as educational and professional goals.

Graduation Requirements

The following requirements must be met to graduate:

1. Completion of the required 120 degree credits;
2. Earned credit in required courses; and
3. Cumulative UWM GPA of 2.0 and Kinesiology Core GPA of 2.0.

Kinesiology BS Learning Outcomes

Students graduating from the BS program in Kinesiology will be able to:

- Apply theoretical and scientific knowledge from biomechanics, exercise physiology, strength & conditioning, motor behavior, and sociological and psychological aspects of physical activity, health, and sport in practical contexts.
- Describe the value and benefits of physical activity and a healthy lifestyle from a multidisciplinary perspective in written assignments or presentations.
- Demonstrate the application of Kinesiology skills to real-world problems through research projects, internships, field experiences, and service-learning activities.
- Exhibit problem-solving skills by analyzing information, adapting to changing situations, making complex decisions, solving problems, and evaluating actions in simulated or real-world scenarios.
- Explain basic methods of research process and design in research proposals or projects.
- Design strategies for educational and professional advancement and development that are evident in career plans or portfolios.
- Apply effective verbal, nonverbal, and media communication techniques demonstrated in presentations, reports, or interactions.
- Interpret the rationale for diversity and social justice in the study and practice of kinesiology through reflective essays or discussions.
- Demonstrate ethical standards and collaboration within inter-professional and interdisciplinary contexts through participation in group projects or case studies.

Accelerated Program Option

This program is offered as part of an accelerated graduate program. For more information, see Accelerated Graduate Degrees (<https://catalog.uwm.edu/opportunities-resources/accelerated-graduate-degrees/>).

Honors in the Major

Honors in the major are granted to students who earn a GPA of 3.500 or above on a minimum of 30 completed credits at UWM.

Zilber College of Public Health Dean's Honor List

GPA of 3.750 or above, earned on a full-time student's GPA on 12 or more graded credits in a given semester.

Honors College Degree and Honors College Degree with Distinction

Granted to graduating seniors who complete Honors College requirements, as listed in the Honors College (<https://catalog.uwm.edu/honors-college/>) section of this site.

Commencement Honors

Students with a cumulative GPA of 3.500 or above, based on a minimum of 40 graded UWM credits earned prior to the final semester, will receive all-university commencement honors and be awarded the traditional gold cord at the December or May Honors Convocation. Please note that for honors calculation, the GPA is **not** rounded and is truncated at the third decimal (e.g., 3.499).

Final Honors

Earned on a minimum of 60 graded UWM credits: Cum Laude - 3.500 or above; Magna Cum Laude - 3.650 or above; Summa Cum Laude - 3.800 or above.