

# KINESIOLOGY, BS

The Kinesiology department's mission is to research, teach, and apply knowledge related to movement, exercise, and human occupation with the ultimate goal of enhancing human health, productivity, and quality of life.

Students in this major take coursework grounded in the basic sciences (e.g., physiology, anatomy, biology) and in kinesiology. Kinesiology core courses examine how the body responds to physical activity, the role of physiology and psychological factors in exercise, mechanics driving movement, how movement is controlled, learned, and developed over the lifespan, and the role of physical activity in the health of the U.S. population.

The curriculum includes coursework, engaging laboratory research opportunities, and hands-on learning experiences. Additionally, at least 11 credits of electives are required, giving students some flexibility to tailor the program to their specific interests. Examples of elective topics include strength and conditioning, leadership, health theory, athlete monitoring, clinical exercise prescription, and advanced courses in exercise physiology, exercise psychology, and biomechanics.

Kinesiology is a pre-professional program. This means that our students are well prepared for subsequent graduate or professional training in the allied health disciplines. The degree also prepares students for graduate programs in kinesiology and athletic training. Kinesiology graduates may pursue entry-level careers in a wide variety of professions, including those in the area of fitness, home health, and rehabilitation assistance.

Graduating seniors have reported starting the following jobs: club coach, programming administrator, medical scribe, AmeriCorps, rehabilitation aide, personal trainer, research assistant/specialist, physical therapy aide, nursing home caregiver, nanny, group exercise instructor, certified nursing assistant, medical device sales, strength and conditioning internship, United Cerebral Palsy inclusion facilitator, financial counselor, EKG tech, behavioral technician, project manager, ranch worker, wellbeing intern, glacier guide.

Graduating seniors have reported acceptance into the following graduate programs: Doctor of Physical Therapy, Master of Public Health, Doctor of Medicine, Chiropractic School, Clinical Exercise Physiology, Biomedical Engineering, Master in Physician Assistant Studies, Doctor of Occupational Therapy, Master of Science in Exercise Science, Master of Science in Applied Sport and Exercise Psychology, Dentistry.

## HOW TO GET IN

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### KINESIOLOGY DECLARATION OVERVIEW

Incoming freshmen typically enter UW–Madison as Pre-Kinesiology students (PKN), spend the first two years completing liberal studies, general education, and Kinesiology prerequisite requirements, and declare the Kinesiology major during their sophomore year for the final two years on campus.

On-campus students starting at UW–Madison in other majors can move to Pre-Kinesiology by completing a Pre-Professional Declaration (<http://www.education.wisc.edu/soe/academics/undergraduate-students/academic-program-admission/>). A GPA of 2.75, based on all UW–Madison coursework or the last 60 credits (<http://guide.wisc.edu/undergraduate/>

[education/#policiesandregulationstext](#)), is required to transfer into Pre-Kinesiology. It is not necessary to be a Pre-Kinesiology student before declaring Kinesiology.

### ELIGIBILITY TO DECLARE KINESIOLOGY

Kinesiology currently accepts declarations once a year, from December 1st through February 1st. The on-campus declaration form is located on the School of Education's Undergraduate Admissions (<http://www.education.wisc.edu/soe/academics/undergraduate-students/academic-program-admission/>) page, along with information about the declaration period, deadline, and current eligibility requirements. Students should consult this site prior to submitting a declaration as this information may be modified from one declaration period to the next.

Off-campus students wishing to transfer directly into Kinesiology should complete the on-campus declaration and must also be admitted to UW–Madison. See Transfer Students and Students with a Bachelor's Degree, below.

### Eligibility Requirements:

- Complete the following prerequisite coursework by the end of the spring semester of the declaration year:

Code	Title	Credits
<b>Biology Sequence</b>		
Complete one of the following Biology sequences:		0-5
BIOLOGY/ ZOOLOGY 101 & BIOLOGY/ ZOOLOGY 102	Animal Biology and Animal Biology Laboratory	5
BIOLOGY/BOTANY/ ZOOLOGY 151	Introductory Biology	5
Advanced Placement (AP) Biology exam score of 4 or 5		
International Baccalaureate (IB) Biology exam score of 4 or 5		
<b>Chemistry Sequence</b>		
Complete one of the following Chemistry sequences:		
CHEM 103 & CHEM 104	General Chemistry I and General Chemistry II	9
CHEM 109	Advanced General Chemistry	5
CHEM 115 & CHEM 116	Chemical Principles I and Chemical Principles II	10
<b>Physics Course</b>		
Complete one of the following Physics courses:		
PHYSICS 103	General Physics	4
PHYSICS 201	General Physics	5
PHYSICS 207	General Physics	5
<b>Kinesiology Course</b>		
KINES 119	Introduction to Kinesiology	2

- Students may complete no more than three of the prerequisite courses during the spring semester of the declaration year. For this purpose CHEM 109 satisfies the full general chemistry requirement and constitutes one course. BIOLOGY/ ZOOLOGY 101 and BIOLOGY/ZOOLOGY 102 are counted as two courses in determining eligibility for the program.

- Earn a minimum 2.75 cumulative GPA or a 2.75 cumulative GPA based on the Last 60 Credits Rule by the end of the fall semester of the declaration year.<sup>3</sup>

<sup>3</sup> Last 60 Credits Rule – Two grade point averages may be calculated to determine a candidate's eligibility to declare Kinesiology. A GPA may be calculated using (1) UW-Madison and all other all transferable college level coursework attempted and (2) the last 60 credits attempted. The higher GPA of these two calculations will be used for determining eligibility. Once declared, students must earn a semester GPA of 2.75 each semester after declaration. More information on this rule is available here (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).

Students will be provisionally admitted in the spring, pending the completion of all prerequisite courses and GPA requirements by the end of the spring semester.

## TRANSFER STUDENTS AND STUDENTS WITH A PREVIOUS DEGREE

Transfer students and second degree candidates (students who already hold a Bachelor's degree) must be admitted to UW-Madison to enroll in a School of Education program. Admission to the campus has its own application, admission process, and application deadlines; see Office of Admissions and Recruitment (<http://www.admissions.wisc.edu>) for campus application information.

Students wishing to transfer directly into Kinesiology should complete both the on-campus Kinesiology declaration and the UW-Madison application. All eligibility requirements must be met. Other transfer and second degree candidates will be admitted to UW-Madison with the Pre-Kinesiology designation.

Second degree candidates in the School of Education are changing their academic direction and wish to complete a degree that is unrelated to their first. A large number of credits are usually required to complete the new degree requirements and a second undergraduate degree is awarded upon its completion; more information is available here (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).

Off-campus students are strongly advised to meet with an advisor in the School of Education Student Services office in advance of their declaration. Consultations with advisors are available in person, virtually, or via telephone; email [soeacademicservices@education.wisc.edu](mailto:soeacademicservices@education.wisc.edu) or call 608-262-1651 to schedule an appointment.

## ADVISING AFTER DECLARATION

The Kinesiology department holds mandatory spring orientation sessions for new majors, led by a departmental advisor. The sequencing of coursework and enrollment in Kinesiology courses are addressed at these meetings. Students will be authorized to enroll in Kinesiology courses after the orientation meetings are completed.

After declaration, advising about the major will be provided by the Department of Kinesiology. Majors are required to meet with the departmental advisor at least once per semester. All questions about School of Education and university requirements should be referred to an advisor in the School of Education Student Services office.

## REQUIREMENTS

### UNIVERSITY GENERAL EDUCATION REQUIREMENTS

All undergraduate students at the University of Wisconsin-Madison are required to fulfill a minimum set of common university general education requirements to ensure that every graduate acquires the essential core of an undergraduate education. This core establishes a foundation for living a productive life, being a citizen of the world, appreciating aesthetic values, and engaging in lifelong learning in a continually changing world. Various schools and colleges will have requirements in addition to the requirements listed below. Consult your advisor for assistance, as needed. For additional information, see the university Undergraduate General Education Requirements (<http://guide.wisc.edu/undergraduate/#requirementsforundergraduatetext>) section of the *Guide*.

#### General Education

- Breadth—Humanities/Literature/Arts: 6 credits
- Breadth—Natural Science: 4 to 6 credits, consisting of one 4- or 5-credit course with a laboratory component; or two courses providing a total of 6 credits
- Breadth—Social Studies: 3 credits
- Communication Part A & Part B \*
- Ethnic Studies \*
- Quantitative Reasoning Part A & Part B \*

\* The mortarboard symbol appears before the title of any course that fulfills one of the Communication Part A or Part B, Ethnic Studies, or Quantitative Reasoning Part A or Part B requirements.

### SCHOOL OF EDUCATION LIBERAL STUDIES REQUIREMENTS

All students are required to complete a minimum of 40 credits of Liberal Studies (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) coursework. This requirement provides an opportunity to do some academic exploration beyond the scope of the major. Students take courses in areas of particular interest and also have an opportunity to sample the wide selection of courses offered across the university. Coursework is required in humanities, social studies, science, and cultural and historical studies. Some elective coursework is also needed to reach the required number of credits.

#### The School of Education's Liberal Studies

**Requirements automatically satisfy most of the University General Education Requirements outlined above, including ethnic studies, humanities/literature, social studies, and science.** Students pursuing most School of Education degree programs may also complete Communication Part B, Quantitative Reasoning Part A, and Quantitative Reasoning Part B through courses required by their degree program. If a student cannot complete a General Education Requirement within the curriculum of their chosen School of Education program, academic advisors can offer suggestions for courses that meet the requirement and augment the student's primary area of study.

A basic outline of the liberal studies is included below. Students must consult the detailed version of the requirements (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) for information about course selection and approved course options.

### Humanities, 9 credits

All students must complete a minimum of 9 credits to include:

- Literature
- Fine Arts
- Humanities Electives

### Social Studies (Social Science)

All students must complete a minimum of 9 credits. Teacher certification programs and Kinesiology have unique requirements in this category.

### Science

All students must complete a minimum of 9 credits to include:

- Biological Science
- Physical Science
- Laboratory Science
- Science Electives

### Cultural and Historical Studies

All students must complete three requirements (9 credits) met by separate courses. Any of these courses can also be used to meet the Humanities or Social Studies (Social Sciences) requirements if it has the relevant breadth designation.

- Ethnic Studies
- U.S./European History
- Global Perspectives

**Complete Liberal Studies Electives (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) to total 40 Credits.**

## PROGRAM STRUCTURE

The Kinesiology program has five components:

- *Liberal studies* courses expose students to a broad range of academic disciplines. The university-wide *General Education* requirements also encourage this breadth of study.
- *Science core* coursework offers in-depth study of the basic sciences and mathematics.
- *Kinesiology core* courses look at how the body responds and adapts to exercise, the role of psychological factors in sports and exercise, mechanics applied to biological systems, and how movement is controlled, learned, and developed over the life span.
- *Advanced coursework in Kinesiology* requires at least 11 credits of Kinesiology electives, thus giving students some flexibility to tailor the program to their specific interests.
- *Elective* classes are generally related to the student's area of study and are taken to reach the minimum of 120 credits.

## SCIENCE CORE

Code	Title	Credits
Select one of the following:		5-10

CHEM 103 & CHEM 104	General Chemistry I and General Chemistry II	
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CHEM 109	Advanced General Chemistry	
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CHEM 115 & CHEM 116	Chemical Principles I and Chemical Principles II	
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Select one of the following:		0-5
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AP or IB Biology score of 4 or above		
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BIOLOGY/ ZOOLOGY 101	Animal Biology and Animal Biology Laboratory	
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BIOLOGY/ BOTANY/ ZOOLOGY 102	Introductory Biology	
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BIOLOGY/ BOTANY/ ZOOLOGY 151	Introductory Biology	
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Select one of the following:		4-5
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PHYSICS 103	General Physics	
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PHYSICS 201	General Physics	
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PHYSICS 207	General Physics	
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PSYCH 202	Introduction to Psychology	3-4
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Code	Title	Credits
Complete one option:		0-10

Placement into MATH 221		
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MATH 112 & MATH 113	Algebra and Trigonometry (or test out of MATH 112 and/or MATH 113)	
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MATH 114	Algebra and Trigonometry	
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MATH 171 & MATH 217	Calculus with Algebra and Trigonometry I and Calculus with Algebra and Trigonometry II (both courses must be taken)	
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Select one of the following:		3
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STAT 371	Introductory Applied Statistics for the Life Sciences	
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STAT 301	Introduction to Statistical Methods	
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PSYCH 210	Basic Statistics for Psychology	
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ANAT&PHY 335	Physiology	5
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ANAT&PHY 337	Human Anatomy	3
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ANAT&PHY 338	Human Anatomy Laboratory	2
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## KINESIOLOGY CORE

Code	Title	Credits
KINES 116	First Aid and Basic Life Support <sup>1</sup>	2
KINES 119	Introduction to Kinesiology	2
KINES 300	Practicum in Kinesiology <sup>2</sup>	3
KINES 314	Physiology of Exercise	4
KINES 318	Biomechanics of Human Movement	3
KINES 330	Research in Kinesiology	2
KINES 350	Introduction to Exercise Psychology	3
KINES 361	Motor Learning and Performance	3

Select one of the following:

KINES 355	Socio-Cultural Aspects of Physical Activity	3
KINES 521	Physical Activity and Health	
KINES 540	Diversity in Health and Physical Activity Settings	
KINES 600	Advanced Exercise Psychology	

<sup>1</sup> Students may exempt from KINES 116 First Aid and Basic Life Support by completing American Red Cross First Aid **AND** either American Red Cross Basic Life Support or American Red Cross CPR/AED for Professional Rescuers.

If a student wishes to request that a different course (or courses) be considered, contact the Department of Kinesiology undergraduate office PRIOR to enrolling.

<sup>2</sup> Criminal background investigations may be conducted for some students, based on the site of the practicum assignment. The cooperating agency to which the student has been assigned will determine if a background check is necessary.

## ADVANCED COURSEWORK IN KINESIOLOGY

Select a minimum of 11 credits from the following:

Code	Title	Credits
KINES 250	Sedentary Behavior in the U.S. and Abroad	3
KINES 260	Inclusive Physical Activity, Sport & Rehabilitation in Ireland	3
KINES 312	Technology for Physical Activity and Health Professionals	2
KINES 325	Group Development and Behavior Management	3
KINES 360	Lifespan Motor Development	3
KINES 387	The Young Athlete: Considerations for Exercise, Medicine, and Activity	2
KINES 390	Principles of Exercise Leadership	2
KINES 427	Fitness Testing and Exercise Prescription	3
KINES 501	Theory-Based Health Education and Health Promotion Programs	3
KINES 508	Workshop in Kinesiology (Topic: Theories and Strategies for Behavioral Change)	3
KINES/ NURSING 523	Clinical Exercise Testing & Training	3
KINES/ NUTR SCI 525	Nutrition in Physical Activity and Health	3
KINES 527	Principles of Strength and Conditioning	3
KINES 531	Neural Control of Movement	3
KINES 555	Sports Science & Athlete Monitoring	3
KINES 614	Biological Factors Influencing Exercise Performance	3

KINES 615	Laboratory Techniques in Exercise Physiology	2
KINES 618	Biomechanics	2-3

## ELECTIVE COURSEWORK

Select additional courses to reach the minimum of 120 credits.

## CONTINUATION REQUIREMENT: DEPARTMENT OF KINESIOLOGY

All students admitted to undergraduate programs in the Department of Kinesiology, including Physical Education, must maintain a cumulative grade point average (GPA) of at least 2.75, based on all UW-Madison campus coursework. Consult the School of Education's Academic Policies and Procedures (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>) for additional information about the Continuation requirement.

## GPA AND OTHER GRADUATION REQUIREMENTS

These requirements are based on UW-Madison coursework.

- Must earn a minimum 2.50 cumulative grade point average. Graduation GPA may be modified by the Last 60 Credits Rule (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).
- Major residency: Students must complete a minimum of 15 credits from the Department of Kinesiology while enrolled on the UW-Madison campus.
- Senior residency: Degree candidates must complete their last 30 credits in residence on the UW-Madison campus, excluding retroactive credits and credits granted by examination.
- Must complete a minimum of 120 credits.

## DEGREE AUDIT (DARS)

UW-Madison uses "DARS" to document a student's progress toward the completion of their degree, including any additional majors and certificates. A DARS (Degree Audit Reporting System) report shows all the requirements for completing a degree and, against courses that are planned or completed, shows the requirements that have been met, and those that are unmet. A report can offer suggestions about courses that may be taken to meet specific requirements and can assist in the academic planning and enrollment process. Students can access a DARS report in the Course Search & Enroll app or Student Center via My UW.

DARS also has a "what-if" function. This feature makes it possible to request a DARS report as if pursuing another program, major, or certificate. It is an excellent tool if considering a new or additional area of study. School of Education students in a pre-professional classification such as Pre-Elementary (PRE) or Pre-Kinesiology should request a "what if" DARS report of their professional program of interest.

More information on how to request a DARS report is available on the Office of the Registrar's website (<https://registrar.wisc.edu/dars/>).

DARS is not intended to replace student contact with academic advisors. It creates more time in an advising appointment to discuss course options,

research opportunities, graduate school, or issues of personal interest or concern to students.

DARS is used as the document of record for degree program, major, and certificate completion in the School of Education.

## UNIVERSITY DEGREE REQUIREMENTS

**Total Degree** To receive a bachelor's degree from UW–Madison, students must earn a minimum of 120 degree credits. The requirements for some programs may exceed 120 degree credits. Students should consult with their college or department advisor for information on specific credit requirements.

**Residency** Degree candidates are required to earn a minimum of 30 credits in residence at UW–Madison. "In residence" means on the UW–Madison campus with an undergraduate degree classification. "In residence" credit also includes UW–Madison courses offered in distance or online formats and credits earned in UW–Madison Study Abroad/Study Away programs.

**Quality of Work** Undergraduate students must maintain the minimum grade point average specified by the school, college, or academic program to remain in good academic standing. Students whose academic performance drops below these minimum thresholds will be placed on academic probation.

## LEARNING OUTCOMES

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1. (Knowledge) Define and explain major concepts across the breadth of kinesiology.
2. (Application) Apply their knowledge related to movement and physical activity techniques and approaches in clinical and applied settings to enhance human health and quality of life.
3. (Critical Thinking) Demonstrate competence in the scientific research process, which includes the ability to consume, analyze, interpret and critically review scientific literature.
4. (Communication) Develop appropriate styles of written and oral communication to use both within and outside of the scientific community.

## FOUR-YEAR PLAN

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### Kinesiology: Sample Four-Year Plans

A four-year sample graduation plan is designed to guide your course selection throughout your academic career; it does not establish a contractual agreement. Use it along with your DARS report, the Guide, and the Course Search and Enroll app to create a four-year plan reflecting your placement scores, incoming credits, and individual interests. Consult with an academic advisor to develop a personalized plan of study and refer to the Guide for a complete list of requirements. You will likely revise your plan several times during your academic career here, based on your activities and changing academic interests.

Two plans are presented below. The first is for students testing into MATH 112 Algebra, followed by a plan for students testing into MATH 211 or MATH 221.

## STARTING WITH MATH 112

### Freshman

Fall	Credits Spring	Credits
Communication A (fall or spring semester)	3 Communication A (fall or spring semester)	3
MATH 112 (also meets Quantitative Reasoning A)	3 KINES 119	2
Liberal Studies course work	9-12 BIOLOGY/ ZOOLOGY 101	3
	CHEM 103	4
	Ethnic Studies	3
	Liberal Studies course work	0-3
	<b>15</b>	<b>15</b>

### Sophomore

Fall	Credits Spring	Credits
BIOLOGY/ ZOOLOGY 102	2 PHYSICS 103	4
CHEM 104	5 STAT 371 or PSYCH 210 (also meets Quantitative Reasoning B)	3
MATH 113	3 KINES 116	2
PSYCH 202	3 Liberal Studies or General Elective course work	6
Liberal Studies course work	3-6	
	<b>16</b>	<b>15</b>

### Junior

Fall	Credits Spring	Credits
KINES 330 or 361	2-3 KINES 361 or 330	2-3
KINES 350 (or Advanced Kines Elective) <sup>1</sup>	3 KINES 314	4
ANAT&PHY 335	5 ANAT&PHY 337	3
Advanced Kines Elective <sup>1</sup>	3 ANAT&PHY 338	2
	KINES 350 (or Advanced Kines Elective)	3
	<b>14</b>	<b>14</b>

### Senior

Fall	Credits Spring	Credits
KINES 318 or 300	3 KINES 300 or 318	3
Communication B - Select one of the following in the fall or spring semester	3 Communication B - Select one of the following in the fall or spring semester	3
KINES 355	KINES 355	
KINES 521	KINES 521	
KINES 600	KINES 600	
Advanced Kines Elective	2 Advanced Kines Elective	3



Liberal Studies, Advanced Kines Elective or General Elective course work	8-11 Liberal Studies, Advanced Kines Elective or General Elective course work	6-9
	<b>16</b>	<b>15</b>

**Total Credits 120**

<sup>1</sup> A total of 11 credits of Advanced Kines Electives are required. Elective course options are 2-3 credits.

**STARTING WITH MATH 211 OR MATH 221**

The Quantitative Reasoning A requirement has already been met.

**Freshman**

<b>Fall</b>	<b>Credits Spring</b>	<b>Credits</b>
Communication A (fall or spring semester)	3 Communication A (fall or spring semester)	3
CHEM 103	4 KINES 119	2
Liberal Studies course work	8-11 CHEM 104	5
	Liberal Studies course work	0-8
	<b>15</b>	<b>15</b>

**Sophomore**

<b>Fall</b>	<b>Credits Spring</b>	<b>Credits</b>
BIOLOGY/ ZOOLOGY 101	3 STAT 371 or PSYCH 210	3
BIOLOGY/ ZOOLOGY 102	2 KINES 116	2
PHYSICS 103	4 PSYCH 202	3
Ethnic Studies	3 Liberal Studies or General Elective course work	7
Liberal Studies course work	4	
	<b>16</b>	<b>15</b>

**Junior**

<b>Fall</b>	<b>Credits Spring</b>	<b>Credits</b>
KINES 330 or 361	2-3 KINES 361 or 330	2-3
KINES 350 (or Advanced Kines Elective) <sup>1</sup>	3 KINES 314	4
ANAT&PHY 335	5 ANAT&PHY 337	3
Advanced Kines Elective <sup>1</sup>	3 ANAT&PHY 338	2
	KINES 350 (or Advanced Kines Elective)	3
	<b>14</b>	<b>14</b>

**Senior**

<b>Fall</b>	<b>Credits Spring</b>	<b>Credits</b>
KINES 318 or 300	3 KINES 300 or 318	3
Communication B - Select one of the following either in the fall or spring semester	3 Communication B - Select one of the following either in the fall or spring semester (KINES 600 is not offered in the spring)	3

KINES 355	KINES 355	
KINES 521	KINES 521	
KINES 600	Advanced Kines Elective	3
Advanced Kines Elective	2 Liberal Studies, Advanced Kines Elective or General Elective course work	7-10
Liberal Studies, Advanced Kines Elective or General Elective course work	7-10	
	<b>15</b>	<b>16</b>

**Total Credits 120**

<sup>1</sup> A total of 11 credits of Advanced Kines Electives are required. Elective course options are 2-3 credits.

**ADVISING AND CAREERS****ADVISING AND CAREERS****KINESIOLOGY ADVISING**

Students not yet admitted to Kinesiology meet with an advisor in the School of Education Student Services office, see below. Once admitted to the professional program, students are also advised in the Department of Kinesiology.

**Academic Advising in the School of Education**

Dedicated to supporting and promoting student success, academic advisors (<https://education.wisc.edu/academics/undergrad-majors/academic-advising/>) are here to assist students with the adjustment to college, understanding their degree and career goals, and connecting them to resources. Advisors support prospective and current School of Education students in all programs through:

- Course selection
- Mentoring and advocacy for underrepresented and international students
- Understanding degree requirements and progression
- Interpreting academic policies
- Helping students recognize their strengths and suggesting ways to expand their skills
- Expanding learning through activities such as study abroad, volunteering/work/internship, and by assuming leadership roles

To schedule an appointment: Current students can schedule an appointment online through the Starfish app (<https://advising.wisc.edu/facstaff/starfish/starfish-student-resources/>) in MyUW. Appointments can also be made through email at [studentservices@education.wisc.edu](mailto:studentservices@education.wisc.edu), by calling 608-262-1651, or in person.

**Career Advising in the School of Education**

Through individual appointments, events, courses, and online resources, the Career Center provides students and alumni with the tools needed to be successful in their career development.

Career and Internship Advisors are prepared to help students with:

- Exploration of career and academic pathways (<https://careercenter.education.wisc.edu/explore-career/>)
- Resumes
- Cover letters
- Job/Internship search
- Interview preparation
- Mock interviews
- Graduate school search, applications and decisions
- Negotiating job or internship offers
- Professional networking
- Connecting with employers

Students are encouraged to meet with their Career and Internship Advisor early in their college experience to take full advantage of the resources and support available.

To make an appointment: log into Starfish (<https://wisc.starfishsolutions.com/starfish-ops/>) from the MyUW dashboard.

For more information, visit the School of Education Career Center website (<https://careercenter.education.wisc.edu/>) or reach out at [career-center@education.wisc.edu](mailto:career-center@education.wisc.edu).

**Potential careers for Kinesiology majors include:** fitness instructor, personal trainer, exercise physiologist, research assistant/specialist, physical therapy aide, health and wellness manager, performance enhancement and management, certified nursing assistant, medical device salesperson, strength and conditioning coach, programming administrator, and project manager. Our graduates also pursue graduate studies in physical therapy, public health, medicine, exercise science, athletic training, occupational therapy, and more.

Students develop important skills that employers look for, including:

- Communication
- Collaboration
- Critical thinking/analytical skills
- Supporting diverse populations with diverse needs
- Application of theory to practice
- Influencing and motivation

Applied experiences, including paid internships, practicum experiences, career treks, and professional networking events, are available to UW Kinesiology students.

## PEOPLE

## PEOPLE

Information about faculty, staff, and other contributors to the Department of Kinesiology can be found on the department's website. (<https://kinesiology.education.wisc.edu/>)

## WISCONSIN EXPERIENCE

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UW-Madison's vision for the total student experience, the Wisconsin Experience (<https://wisconsinexperience.wisc.edu/about/>), combines learning in and out of the classroom. Tied to the Wisconsin Idea (<https://www.wisc.edu/wisconsin-idea/>) and steeped in long-standing institutional values – the commitment to the truth, shared participation in decision-making, and service to local and global communities – the Wisconsin Experience describes how students develop and integrate these core values across their educational experience.

UW-Madison encourages students to mindfully engage in four core concepts throughout their time on campus: Empathy & Humility, Relentless Curiosity, Intellectual Confidence, and Purposeful Action (<https://wisconsinexperience.wisc.edu/intellectual-confidence/>).

Since its inception, the School of Education has embraced the concepts of the Wisconsin Experience, providing opportunities for students to learn in venues beyond the traditional classroom. Our students also independently seek out related activities and experiences, thus creating their own unique Wisconsin Experience.

## KINESIOLOGY AND THE WISCONSIN EXPERIENCE RESEARCH IN THE KINESIOLOGY DEPARTMENT

Students are serving as Research Assistants in the labs of Professors Cook, Ausderau, Andreae, Schrage, Barnes, and Mason, and also in the Promotion of Health Equity & Adapted Physical Activity (PHEAPA) lab. Kinesiology students may apply for the American Physiological Society Summer Undergraduate Research Fellowship.

## PARTICIPATION IN DEPARTMENTAL ACTIVITIES

Undergraduate students are members of the Equity, Climate, Diversity and Undergraduate Studies Committees, are peer learning facilitators in ANAT&PHY 335 and 337, and participate in the KinEqT Mentorship Program.

The peer learning facilitators hold study groups for current Kines students either in ANAT&PHY 335 or 337. These students have a weekly meeting with the instructional staff to cover common challenges in the content and to go over the plan for the study groups, including community building, active learning, and peer facilitation strategies. This is not a tutoring session, but a peer-led facilitation of learning by asking questions and helping the students work with the material in new ways.

The new KinEqT mentorship program is organized by graduate students to help undergraduate students connect and build community in the Department. The program helps facilitate mentorship and access to resources—both academic and professional—between graduate and undergraduate students with underrepresented racial, disability, social class and gender identities, especially those who are underrepresented within the UW-Madison Department of Kinesiology.

## COMMUNITY-BASED LEARNING EXPERIENCES

The Kinesiology Practicum is a Community Based Learning Course and is structured for students to gain experience and skills outside of the classroom. This is one of the highlights of the major. Students are placed in a relevant setting for their career goals and spend approximately seven hours per week working with these partners. The options for placements include research labs, strength and conditioning settings, peer facilitating

or teaching assistants, public health, and community outreach physical activity programs.

## RELATED STUDENT ORGANIZATIONS

Sports Medicine & Athletic Healthcare Club, Pre-PT club, Kinesiology Club, Students for Rare, an organization that promotes activism for individuals suffering from rare diseases, and Letters of Love, writing positive letters for children in hospitals.

## STUDY ABROAD COURSES

The Department of Kinesiology recently developed three new study abroad courses in Portugal, Costa Rica, and Ireland. These 2-3 week courses make it possible for students to have a study abroad experience and still have time to work or pursue other activities during the summer.

- **Movement as Medicine in Portugal** examines the connection between sedentary behavior and health outcomes in Portugal. Participants review definitions and rates of sedentary behavior, physical activity and physical inactivity in the U.S. and across the globe. While in Lisbon, participants hear from local experts and members of the healthcare and educational systems about how physical activity is viewed and promoted across the population. Side trips to relevant cultural local places contribute to the full picture of health in Portugal. An overnight trip to Porto and two additional day trips provide additional opportunities to learn more about local culture and history. Credit is given for Kines 250 or Community and Environmental Sociology 400.
- **Team Building in Costa Rica** was designed to enhance the group development skills of its participants while engaging in activities such as white-water rafting, ziplining and hiking. It combined a very successful kinesiology course, Kinesiology 325 Group Development and Behavior Management, with a unique cultural opportunity in Costa Rica. Each day provides opportunities to not only explore the Pura Vida (Pure Life) of Costa Rica, but also to engage in personal reflection. Participants experience the process of growing together as a community and develop skills to create lasting communities in their personal and professional lives. Students earn credit for Kines 325, a required course in the physical education program.
- **Inclusive Activity and Sports in Ireland** offers a unique learning opportunity for UW-Madison students interested in pursuing careers in allied health, fitness and well-being, health education, and public health. Ireland has a distinct history, culture, and approach to health and movement. It is in the midst of comprehensive and progressive reforms to their health and social care with an emphasis on providing better outreach and rehabilitation services for people with disabilities. This course will focus on applying models, research, and best practices in motor control and motor learning to inclusive physical activity, sports, and rehabilitation for individuals with disabilities in Ireland. Students participate in training seminars led by Active Disability Ireland, Sport Ireland in Dublin, and Munster Technological University in Tralee. Included are visits to rehabilitation facilities and community organizations to attend guest lectures from occupational therapists, physical and physiotherapists, athletes with disabilities, and government employees. At the University of Limerick, students learn about bachelor's and graduate degree programs in the health sciences and hear about relevant research in physical activity, sedentary behavior, sport, and health for individuals with diverse abilities. Co-curricular activities provide an opportunity to explore and participate in sports, recreation,

and physical activities through the lens of a tourist/participant with disabilities. Credit is given for Kines 260.

## VOLUNTEERING

Students have volunteered to work with Ballroom Basics for Balance (BB4B), GiGi's Playhouse, and helped out in adapted fitness, assisted living, and pro bono clinic settings.

## PAID WORK EXPERIENCES RELATED TO KINESIOLOGY

Current Kines students have found employment in some of the following areas: Physical Therapy Aide, University Health Services Student Health Technician – SH/GYN Clinic, Nuclear Cardiac Stress Testing Intern, UnityPoint Health, Nursing Care Partner, Recreation & Wellbeing, Nicholas Recreation Center Member Services Supervisor, Badger Sports Camps at UW-Madison, Cardiac Rehab Intern SSM St Mary's Hospital Center of Wellness, Personal Caregiver, Home Health Aide.

## RESOURCES AND SCHOLARSHIPS

### RESOURCES AND SCHOLARSHIPS

Information about scholarships, academic and career advising, study abroad opportunities, student diversity services, and other resources for students in the School of Education can be found on the school's Resources (<http://guide.wisc.edu/undergraduate/education/#resourcestext>) page.