

# KINESIOLOGY, B.S.

## 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/#requirementsforundergraduatestudytext>) section of the *Guide*.

- |                   |  |
|-------------------|--|
| General Education | <ul style="list-style-type: none"> <li>• Breadth–Humanities/Literature/Arts: 6 credits</li> <li>• 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</li> <li>• Breadth–Social Studies: 3 credits</li> <li>• Communication Part A &amp; Part B *</li> <li>• Ethnic Studies *</li> <li>• Quantitative Reasoning Part A &amp; Part B *</li> </ul> |
|-------------------|--|

\* 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	
CHEM 109	Advanced General Chemistry	
CHEM 115 & CHEM 116	Chemical Principles I and Chemical Principles II	
Select one of the following: 4-10		
AP or IB Biology score of 4 or above		
BIOLOGY/ ZOOLOGY 101 & BIOLOGY/ ZOOLOGY 102	Animal Biology and Animal Biology Laboratory	
BIOLOGY/ BOTANY/ ZOOLOGY 151 & BIOLOGY/ BOTANY/ ZOOLOGY 152	Introductory Biology and Introductory Biology	
BIOCORE 381 & BIOCORE 382	Evolution, Ecology, and Genetics and Evolution, Ecology, and Genetics Laboratory	
Select one of the following: 4-5		
PHYSICS 103	General Physics	
PHYSICS 201	General Physics	
PHYSICS 207	General Physics	
PSYCH 202	Introduction to Psychology	3-4

Code	Title	Credits
Complete one option: 0-10		
Placement into MATH 221		
MATH 112 & MATH 113	Algebra and Trigonometry (or test out of 112 and/or 113)	
MATH 114	Algebra and Trigonometry	
MATH 171 & MATH 217	Calculus with Algebra and Trigonometry I and Calculus with Algebra and Trigonometry II (both courses must be taken)	
Select one of the following: 3		
STAT 371	Introductory Applied Statistics for the Life Sciences	
STAT 301	Introduction to Statistical Methods	
PSYCH 210	Basic Statistics for Psychology	
ANAT&PHY 335	Physiology	5
ANAT&PHY 337	Human Anatomy	3
ANAT&PHY 338	Human Anatomy Laboratory	2

## KINESIOLOGY CORE

Code	Title	Credits
KINES 116	First Aid and Basic Life Support <sup>12</sup>	2
KINES 119	Introduction to Kinesiology <sup>1</sup>	2

KINES 300	Practicum in Kinesiology <sup>3</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 <sup>1</sup>	3
KINES 361	Motor Learning and Performance	3
Select one of the following: 3		
KINES 355	Socio-Cultural Aspects of Physical Activity	
KINES 521	Physical Activity and Health	
KINES 540	Diversity in Health and Physical Activity Settings	
KINES 600	Advanced Exercise Psychology	

1

KINES 116, KINES 119 and KINES 350 may be taken prior to admission into the professional part of the undergraduate program.

2

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.

3

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

This requirement was previously listed under the Exercise and Movement Science option; (<http://guide.wisc.edu/undergraduate/education/kinesiology/kinesiology-bs/kinesiology-exercise-movement-science-bs/>) it has not changed.

Select a minimum of 11 credits from the following:

Code	Title	Credits
KINES 250	Sedentary Behavior in the U.S. and Abroad	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

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 registrar's website (<https://registrar.wisc.edu/dars-student/>).

DARS is not intended to replace student contact with academic advisers. 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.

## 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

## 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.