

# KINESIOLOGY: EXERCISE & MOVEMENT SCIENCE

**Admissions to the Kinesiology: Exercise & Movement Science, BS have been suspended as of fall 2022 and will be discontinued as of fall 2025. If you have any questions, please contact the department.**

Due to the suspension and discontinuation of the Exercise and Movement Science option, the courses listed on this Requirements tab have merged with the other Kinesiology, BS Degree (<http://guide.wisc.edu/undergraduate/education/kinesiology/kinesiology-bs/#requirements>) requirements; see the Kinesiology Core and Advanced Kinesiology Electives. The Kinesiology degree requirements have not changed with the elimination of this option.

## REQUIREMENTS

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**Select at least 11 credits from the following:**

Code	Title	Credits
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 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

**Select one of the following:**

Code	Title	Credits
KINES 355	Socio-Cultural Aspects of Physical Activity	3
KINES 521	Physical Activity and Health	3
KINES 600	Advanced Exercise Psychology	3