

KINESIOLOGY, B.S.

WISCONSIN EXPERIENCE

THE WISCONSIN EXPERIENCE

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.

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 – In the summer of 2023 the Department of Kinesiology offered two new study abroad courses in Portugal and Costa Rica.

- **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.
- **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.

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, UW-Madison, Cardiac Rehab Intern SSM St Mary's Hospital Center of Wellness, Personal Caregiver, Home Health Aide.