

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.

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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