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/education/#requirementstext) 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 must 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 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.

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 103</td>
<td>General Chemistry I</td>
<td>5-10</td>
</tr>
<tr>
<td>&amp; CHEM 104</td>
<td>and General Chemistry II</td>
<td></td>
</tr>
<tr>
<td>CHEM 109</td>
<td>Advanced General Chemistry</td>
<td></td>
</tr>
<tr>
<td>CHEM 115</td>
<td>Chemical Principles I</td>
<td></td>
</tr>
<tr>
<td>&amp; CHEM 116</td>
<td>and Chemical Principles II</td>
<td></td>
</tr>
</tbody>
</table>

Select one of the following: 4-10

- AP or IB Biology score of 4 or above
- BIOLOGY/ZOOLOGY 101
  - Animal Biology
  - Animal Biology Laboratory
- BIOLOGY/BOTANY/ZOOLOGY 151
  - Introductory Biology
  - Introductory Biology
- BIOCORE 381
  - Evolution, Ecology, and Genetics
  - Evolution, Ecology, and Genetics Laboratory
- BIOCORE 382
  - Evolution, Ecology, and Genetics
  - 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

### KINESIOLOGY CORE

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 116</td>
<td>First Aid and Basic Life Support</td>
<td>2</td>
</tr>
<tr>
<td>KINES 119</td>
<td>Introduction to Kinesiology</td>
<td>2</td>
</tr>
</tbody>
</table>

KINES 300 Practicum in Kinesiology 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 1
KINES 351 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

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.

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

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; it has not changed.

Select a minimum of 11 credits from the following:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 250</td>
<td>Sedentary Behavior in the U.S. and Abroad</td>
<td>3</td>
</tr>
<tr>
<td>KINES 312</td>
<td>Technology for Physical Activity and Health Professionals</td>
<td>2</td>
</tr>
<tr>
<td>KINES 325</td>
<td>Group Development and Behavior Management</td>
<td>3</td>
</tr>
<tr>
<td>KINES 360</td>
<td>Lifespan Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>KINES 387</td>
<td>The Young Athlete: Considerations for Exercise, Medicine, and Activity</td>
<td>2</td>
</tr>
<tr>
<td>KINES 390</td>
<td>Principles of Exercise Leadership</td>
<td>2</td>
</tr>
<tr>
<td>KINES 427</td>
<td>Fitness Testing and Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KINES 501</td>
<td>Theory-Based Health Education and Health Promotion Programs</td>
<td>3</td>
</tr>
</tbody>
</table>

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.

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

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.
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/#policiesandregulationtext) for additional information about the Continuation requirement.

GPA AND OTHER GRADUATION REQUIREMENTS

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/#policiesandregulationtext).
- 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 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.

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.