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**

<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>
</tbody>
</table>
Select one of the following: 4-10

**AP or IB Biology score of 4 or above**

- **BIOLOGY/ZOOLOGY 101** and Animal Biology
- **BIOLOGY/ZOOLOGY 102** and Animal Biology

**Select one of the following:**

- **BIOLOGY/ZOOLOGY 151** and Introductory Biology
- **BIOLOGY/ZOOLOGY 152** and Introductory Biology

**Select one of the following:** 4-5

- **PHYSICS 103** General Physics
- **PHYSICS 201** General Physics
- **PHYSICS 207** General Physics
- **PSYCH 202** Introduction to Psychology

**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 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

**KINESIOLOGY CORE**

**Code** | **Title** | **Credits**
---|---|---
KINES 116 | First Aid and Basic Life Support | 2
KINES 119 | Introduction to Kinesiology | 2
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 | 3
KINES 361 | Motor Learning and Performance | 3
KINES 355 | Socio-Cultural Aspects of Physical Activity | 3
KINES 521 | Physical Activity and Health | 3
KINES 600 | Advanced Exercise Psychology | 2

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 one of the following: 1) American Red Cross Basic Life Support, 2) American Red Cross Basic Life Support for Healthcare Providers, or 3) 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; ([http://guide.wisc.edu/undergraduate/education/kinesiology/kinesiology-bs/kinesiology-exercise-movement-science-bs/](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:
**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**

**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 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.