Kinesiology, BS

Wisconsin Experience

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, Andreade, 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 ANAT&PHY 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 ANAT&PHY 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.

Community-Based Learning Experiences

The Kinesiology Practicum is a Community Based Learning Course and is structured for students to gain experience and skills outside of the classroom. This is one of the highlights of the major. Students are placed in a relevant setting for their career goals and spend approximately seven hours per week working with these partners. The options for placements include research labs, strength and conditioning settings, peer facilitating or teaching assistants, public health, and community outreach physical activity programs.

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

The Department of Kinesiology recently developed three new study abroad courses in Portugal, Costa Rica, and Ireland. These 2-3 week courses make it possible for students to have a study abroad experience and still have time to work or pursue other activities during the summer.

- **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. Credit is given for KINES 250 or C&E SOC 400.

- **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, KINES 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.

- **Inclusive Activity and Sports in Ireland** offers a unique learning opportunity for UW–Madison students interested in pursuing careers in allied health, fitness and well-being, health education, and public health. Ireland has a distinct history, culture, and approach to health and movement. It is in the midst of comprehensive and progressive reforms to their health and social care with an emphasis on providing better outreach and rehabilitation services for people with disabilities. This course will focus on applying models, research, and best practices in motor control and motor learning to inclusive physical activity, sports, and rehabilitation for individuals with disabilities in Ireland. Students participate in training seminars led by Active Disability Ireland, Sport Ireland in Dublin, and Munster Technological University in Tralee. Included are visits to rehabilitation facilities and community organizations to attend guest lectures from occupational therapists, physical and physiotherapists, athletes
with disabilities, and government employees. At the University of Limerick, students learn about bachelor’s and graduate degree programs in the health sciences and hear about relevant research in physical activity, sedentary behavior, sport, and health for individuals with diverse abilities. Co-curricular activities provide an opportunity to explore and participate in sports, recreation, and physical activities through the lens of a tourist/participant with disabilities. Credit is given for KINES 260.

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