

KINESIOLOGY, BS

Are you fascinated by the science of human movement? Then a major in **Kinesiology** might be for you. Join an exciting program where nationally known faculty are working to deepen our understanding of physical activity, health, exercise, and sport performance. As a Kinesiology major, you will study topics such as anatomy and physiology, biomechanics, psychosocial aspects of sport/exercise, motor development, and more. You will graduate ready to apply your knowledge and skills in professional settings including health care, athletics, wellness, and fitness. If you are interested in continuing your education, you will be well-positioned for graduate education in Kinesiology, as well as professional degree programs in athletic training (MSAT), physical therapy (DPT), and occupational therapy (MSOT).

Curious about Kinesiology, "the science that moves us"? We offer two introductory courses that all students can take to learn more about Kinesiology.

- **KIN 200: Introduction to Kinesiology.** In KIN 200, you will explore the science of human movement through different lenses. For example, you will study popular exercise/fitness trends, such as CrossFit, and explore the physiological, biomechanical, psychological, sociological, and motor behavior aspects of the trend. KIN 200 is an exciting course in which you will learn important scientific principles and research underlying the field of kinesiology.
- **KIN 230: Health Aspects of Exercise and Nutrition (NS GER).** KIN 230 introduces you to key concepts related to personal physical fitness and healthy eating. If you are interested in learning about and improving your own fitness and eating behaviors, this is a great class to take. *KIN 230 is an online course.

Interested in Physical Therapy or Athletic Training? If you are interested in pursuing a career in Physical Therapy or Athletic Training, the Kinesiology major is a great choice as you will learn the scientific foundations of human movement and be well-prepared for admission into a professional program. Academic advisors (<https://uwm.edu/publichealth/directory/rufer-torry/>) in the Zilber College of Public Health can help you put together a plan of study so that you complete the prerequisites for admission into the UWM Doctor of Physical Therapy (<https://uwm.edu/healthsciences/academics/dr-physical-therapy/>) (DPT) or Master of Science in Athletic Training (<https://uwm.edu/healthsciences/academics/ms-athletic-training/>) (MSAT) programs. As a Kinesiology major, you can select a pre-physical therapy or pre-athletic training designation.

Undergraduate students may opt to take advantage of the UWM Accelerated BS Kinesiology / MS Athletic Training program (<https://uwm.edu/healthsciences/academics/accelerated-kinesiology-athletic-training/>). This program is for high-performing students and entails completing three years as a Kinesiology undergraduate student and then moving into the MSAT program as a graduate student. At the end of the fourth year (the first in the MSAT program), the BS Kinesiology degree is conferred. Upon successful completion of years four and five, students earn the MS in Athletic Training.

Interested in transferring into the BS Kinesiology program from another school? We welcome transfer students! To learn about how to transfer credits from another school to UWM and the BS Kinesiology program, visit the UWM transfer page (<https://uwm.edu/undergrad-admission/apply/transfer/>). Students can also reach out to our Kinesiology

Academic Advisor (<https://uwm.edu/publichealth/directory/rufer-torry/>). Specific transfer guides can be found for the following schools:

- MATC to UWM Kinesiology (<https://uwm.edu/onestop/wp-content/uploads/sites/82/2021/04/MATC-to-Kinesiology-Transfer-Guide-pdf.pdf>)
- UWM Waukesha and Washington to UWM Kinesiology (https://catalog.uwm.edu/public-health/kinesiology-bs/UWM_Waukesha-Washington_CTY-Kinesiology_Updated_Transfer_Guide.pdf)
- Madison College to UWM Kinesiology (<https://uwm.edu/onestop/wp-content/uploads/sites/82/2021/04/Madison-College-to-Kinesiology-Transfer-Guide-pdf.pdf>)

Requirements

Code	Title	Credits
	General Education Requirements	30
	College Requirements	3
	Major Requirements	59
	Electives	28
Total Credits		120

Requirements for the BS Kinesiology program can be found on the BS Kinesiology webpage (<https://uwm.edu/publichealth/academics/bs-kinesiology/>).

Preparatory Coursework

Based on individual placement results, some students may be required to complete preparatory coursework before enrolling in the courses listed here. This may include English language or composition preparation, developmental math, introductory chemistry, and/or student support courses for students participating in the First Year Bridge program.

General Education Requirements (GER)

UW-Milwaukee has General Education Requirements (<https://catalog.uwm.edu/policies/undergraduate-policies/#generaleducationtext>) that must be met in order to earn a bachelor's or associate degree. They include at minimum 30 credits (10 courses) in six categories that are designed to assure basic student competencies and provide a broad body of knowledge as a context for specialization.

Some degree requirements may fulfill GERs. Please review the requirements and consult with your academic advisor.

Code	Title	Credits
General Education Categories and Credits		
	Civics and Perspectives (CP)	6
	Communication and Literacy (CL)	6
	Humanities and Arts (HA)	6
	Mathematics and Quantitative Reasoning (MQR)	3
	Natural Science and Wellness (NSW/NSWL)	6
	Social and Behavioral Science (SBS)	3
Total Credits		30

Course of Study

The undergraduate program is a four-year curriculum leading to a Bachelor of Science degree in Kinesiology. The program includes foundational studies, lab classes, and professional preparation leading to the completion of 120 credits for the Bachelor of Science degree.

Admission and progression criteria (including curricular requirements) for the BS Kinesiology Program are subject to change as of the publication date of this catalog. Please contact the Office of Student Affairs, Enderis Hall 810, (414) 229-2758, for the most current information.

Admission

Students who are accepted to UWM with an interest in Kinesiology will be directly admitted to the major.

Eligibility

Students interested in Kinesiology will remain eligible for continuation in the degree by maintenance of a UWM cumulative grade point average of 2.0 or higher. Students may not repeat more than four (4) of the Kinesiology Foundation Courses.

Retention

Retention in the program and graduation are dependent upon maintaining good academic standing. Good academic standing is defined as:

1. Maintenance of a 2.0 cumulative UWM GPA.
2. Maintenance of a 2.0 Kinesiology Core GPA with earned credit in all Kinesiology Core courses. Students may not repeat more than three (3) of the Kinesiology Core courses.

Degree Requirements

To fulfill the 120 credit requirement for the BS Kinesiology degree, Kinesiology students are required to complete the University General Education Requirements (see above), College Requirements, Major Requirements, and Electives. Credit must be earned in all Kinesiology courses and a minimum 2.0 GPA (cumulative and Kinesiology Core) is required.

College Requirements

Kinesiology students are required to earn credit in the following Zilber College of Public Health course:

Code	Title	Credits
PH 101	Introduction to Public Health	3
Total Credits		3

Major Requirements

Kinesiology students are required to earn credit in the following Kinesiology courses:

Code	Title	Credits
Kinesiology Foundations Courses		
KIN 200	Introduction to Kinesiology	3
KIN 220	Anatomical Kinesiology	3
KIN 230	Health Aspects of Exercise and Nutrition	3
KIN 270	Statistics in the Health Professions: Theory and Practice	3
Complete 3 credits of NUTR		3
Complete 3 credits of FITWELL (Minimum 1 credit at 200 level)		3
Kinesiology Core Courses		
KIN 300	Professional Preparation Seminar	1
KIN 320	Biomechanics	3
KIN 330	Exercise Physiology	4

KIN 350	Psychological Aspects of Sport and Exercise	3
KIN 351	Sociological Aspects of Health and Human Movement	3
KIN 360	Motor Development Across the Lifespan	3
KIN 361	Principles of Motor Learning	3
KIN 400	Ethics and Values in the Health and Fitness Professions	3

Kinesiology Upper-Level Courses

Select 12 credits from KIN 300-599 **12**

Kinesiology Advanced Level Courses

Select 6 credits from KIN 500-599 **6**

Total Credits 59

Electives

Kinesiology students may select elective coursework that aligns with their interests, as well as educational and professional goals.

Graduation Requirements

The following requirements must be met to graduate:

1. Completion of the required 120 degree credits;
2. Earned credit in required courses; and
3. Cumulative UWM GPA of 2.0 and Kinesiology Core GPA of 2.0.

Plan of Study

This is a sample four-year plan for the BS in Kinesiology. Individual course sequences may vary based on prior credits, academic progress, and career goals. For personalized guidance or specific questions, please consult the BS in Kinesiology academic advisor (<https://uwm.edu/publichealth/students/undergraduate-advising/>).

Year 1			Credits
Fall			
KIN 200	Introduction to Kinesiology		3
KIN 230	Health Aspects of Exercise and Nutrition (GER - Natural Science & Wellness Lab)		3
GER - Humanities and the Arts			3
Elective			3
GER - Communication and Literacy			3
Credits			15
Spring			
KIN 220	Anatomical Kinesiology		3
KIN 270	Statistics in the Health Professions: Theory and Practice (GER - Mathematics and Quantitative Reasoning)		3
NUTR - Nutritional Sciences Course			3
Elective			3
GER - Civics and Perspectives			3
Credits			15
Year 2			
Fall			
KIN 300	Professional Preparation Seminar		1
KIN 330	Exercise Physiology		4
GER - Humanities and the Arts			3
GER - Communication and Literacy			3
Elective			3
FITWELL 100+			1
Credits			15

Spring		
KIN Course 300-599		3
GER - Civics & Perspectives		3
KIN 320	Biomechanics	3
KIN 350	Psychological Aspects of Sport and Exercise	3
PH 101	Introduction to Public Health (GER - Natural Science & Wellness)	3
Credits		15
Year 3		
Fall		
KIN 360	Motor Development Across the Lifespan	3
KIN 400	Ethics and Values in the Health and Fitness Professions	3
KIN Course 300-599		3
GER - Social and Behavioral Science		3
KIN Course 300-599		3
FITWELL 100+		1
Credits		16
Spring		
KIN 351	Sociological Aspects of Health and Human Movement	3
KIN 361	Principles of Motor Learning	3
KIN Course 300-599		3
Elective		3
Elective		3
FITWELL 200+		1
Credits		16
Year 4		
Fall		
KIN Course 500-599		3
Elective		
Elective		3
Elective		3
Elective		3
Elective		3
Credits		15
Spring		
KIN Course 500-599		3
Elective		
Elective		3
Elective		3
Elective		1
Elective		3
Credits		13
Total Credits		120

Kinesiology BS Learning Outcomes

Students graduating from the BS program in Kinesiology will be able to:

- Apply theoretical and scientific knowledge from biomechanics, exercise physiology, strength & conditioning, motor behavior, and sociological and psychological aspects of physical activity, health, and sport in practical contexts.
- Describe the value and benefits of physical activity and a healthy lifestyle from a multidisciplinary perspective in written assignments or presentations.
- Demonstrate the application of Kinesiology skills to real-world problems through research projects, internships, field experiences, and service-learning activities.
- Exhibit problem-solving skills by analyzing information, adapting to changing situations, making complex decisions, solving problems, and evaluating actions in simulated or real-world scenarios.

- Explain basic methods of research process and design in research proposals or projects.
- Design strategies for educational and professional advancement and development that are evident in career plans or portfolios.
- Apply effective verbal, nonverbal, and media communication techniques demonstrated in presentations, reports, or interactions.
- Interpret the rationale for diversity and social justice in the study and practice of kinesiology through reflective essays or discussions.
- Demonstrate ethical standards and collaboration within inter-professional and interdisciplinary contexts through participation in group projects or case studies.

Accelerated Program Option

This program is offered as part of an accelerated graduate program. For more information, see Accelerated Graduate Degrees (<https://catalog.uwm.edu/opportunities-resources/accelerated-graduate-degrees/>).

Honors in the Major

Honors in the major are granted to students who earn a GPA of 3.500 or above on a minimum of 30 completed credits at UWM.

Zilber College of Public Health Dean's Honor List

GPA of 3.750 or above, earned on a full-time student's GPA on 12 or more graded credits in a given semester.

Honors College Degree and Honors College Degree with Distinction

Granted to graduating seniors who complete Honors College requirements, as listed in the Honors College (<https://catalog.uwm.edu/honors-college/>) section of this site.

Commencement Honors

Students with a cumulative GPA of 3.500 or above, based on a minimum of 40 graded UWM credits earned prior to the final semester, will receive all-university commencement honors and be awarded the traditional gold cord at the December or May Honors Convocation. Please note that for honors calculation, the GPA is **not** rounded and is truncated at the third decimal (e.g., 3.499).

Final Honors

Earned on a minimum of 60 graded UWM credits: Cum Laude - 3.500 or above; Magna Cum Laude - 3.650 or above; Summa Cum Laude - 3.800 or above.