KINESIOLOGY, B.S.

UNC Greensboro’s nationally ranked Kinesiology program opens doors to careers in physical therapy, athletic training, occupational therapy, physician’s assistant, medicine, sport psychology, fitness leadership, sport performance, sport coaching, biomechanics, kinesiology research, and much more. The major provides students with classroom and clinical experiences to build skills for future study and work in various allied health fields.

Students learn from faculty renowned for their teaching and research. Faculty are passionate about providing a world-class learning environment and are highly funded through various grants and initiatives. The faculty’s ultimate goal is to teach, study, and promote health and wellness across the lifespan through physical activity.

Exercise Specialist (ES) Concentration: The Exercise Specialist concentration is designed for students interested in fitness instruction, strength training and conditioning, sports coaching, and wellness coaching. It prepares students for multiple disciplinary-related certification exams required for strength training and conditioning positions at the Division I and professional levels (e.g., the National Strength and Conditioning Association’s Certified Strength Conditioning Specialist exam and the American College of Sports Medicine Certified Exercise Physiologist exam). The concentration will also ready students interested in Master’s and Ph.D. graduate programs in areas related to health, wellness, and physical activity (e.g., exercise physiology, physical activity pedagogy, and sport and exercise psychology).

Sports Medicine and Movement Science (SMMS) Concentration: The Sports Medicine and Movement Science concentration is tailored to students pursuing careers in allied health professions, including physical therapy, athletic training, occupational therapy, and medicine (e.g., medical school, dental school, pharmacy school). The concentration’s curriculum also prepares students interested in Master’s and Ph.D. graduate studies in movement science areas (e.g., motor behavior, neuromechanics, biomechanics).

Student Learning Goals

1. Students completing this program will demonstrate a basic knowledge of anatomy.
2. Students completing this program will demonstrate a basic knowledge of biomechanics.
3. Students completing this program will demonstrate a basic knowledge of exercise physiology.
4. Students completing this program will demonstrate a basic knowledge of the sociohistorical foundations of Kinesiology.
5. Students completing this program will demonstrate a basic knowledge of human development over the lifespan.
6. Students completing this program will apply the basic scientific theories and principles that serve as a foundation for the allied health and medical professions.
7. Students completing this program will demonstrate a basic knowledge of the structure and function of the human body and the stresses associated with movement, exercise, and the demands of various physical activities.
8. Students completing this program will demonstrate a basic knowledge of the prevention, care, and treatment of injuries and illnesses that commonly occur in physical activity.

Minimum Grade

To qualify for graduation in the Kinesiology major, all majors must achieve a minimum grade of C (2.0) in each required course with a KIN prefix (including activity courses, internships, and other non-core KIN courses) and maintain a minimum GPA of 2.50 in the major.

Minimum Semester Hours

To graduate, all majors must obtain at least 36 credits in courses at the 300 level or above.

Re-entry

Students in this major who do not graduate within seven years or who leave school and later re-enter are held for the current program requirements at the time of crossing from the seventh to the eighth year, or are held to the current program requirements during the year of re-entry.

Appeals

Appeals of any of these requirements must be filed with the appropriate departmental committee within one academic year.

Overall Requirements

- 120 credit hours, to include at least 36 credits at or above the 300 course level.
- All KIN courses must be completed with a grade of C (2.0) or higher.

Degree Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 220</td>
<td>Lifetime Wellness</td>
<td>39</td>
</tr>
<tr>
<td>KIN 250</td>
<td>Introduction to Kinesiology</td>
<td></td>
</tr>
<tr>
<td>KIN 265</td>
<td>Strength Training and/or Conditioning</td>
<td></td>
</tr>
<tr>
<td>KIN 289</td>
<td>Introduction to Kinesiologic Sciences</td>
<td></td>
</tr>
<tr>
<td>KIN 330</td>
<td>Critical Analyses for a Physically Active Society</td>
<td></td>
</tr>
<tr>
<td>KIN 353</td>
<td>Injuries and Illnesses in Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KIN 370</td>
<td>Assessment and Evaluation in Kinesiology</td>
<td></td>
</tr>
<tr>
<td>KIN 375</td>
<td>Physiology of Sport and Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KIN 376</td>
<td>Biomechanics of Sport and Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KIN 379</td>
<td>Instructional Methods of Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KIN 386</td>
<td>Motor Control and Learning</td>
<td></td>
</tr>
<tr>
<td>KIN 388</td>
<td>Psychology of Physical Activity</td>
<td></td>
</tr>
</tbody>
</table>

Activity Courses

Select four of the following courses:

- KIN 101 Beginning Volleyball
- KIN 104 Beginning Basketball
KIN 106  Beginning Soccer  
KIN 110  Ultimate  
KIN 115  Disc Golf  
KIN 130  Weight Training  
KIN 131  Fitness Walking and Jogging  
KIN 135  Fitness Running  
KIN 140  Flag Football  
KIN 150  Swimming for Non-Swimmers  
KIN 151  Beginning Swimming  
KIN 171  Beginning Badminton  
KIN 175  Beginning Tennis  
KIN 201  Intermediate Volleyball  
KIN 203  Fitness Swim  
KIN 204  Intermediate Basketball  
KIN 206  Intermediate Soccer  
KIN 214  Sports Performance: Racquet Sports  
KIN 252  Low Intermediate Swimming  
KIN 263  Basic SCUBA  
& 263L  and Skin and SCUBA Diving Lab  
KIN 264  Advanced SCUBA  
KIN 271  Intermediate Badminton  
KIN 272  Tae Kwon Do  

** Related Area Requirements **

BIO 111  Principles of Biology I  
& 111L  and Principles of Biology I Laboratory  
CHE 111  General Chemistry I  
& CHE 112  and General Chemistry I Laboratory  
CST 105  Introduction to Communication Studies  
HEA 113  Medical Terminology for Public Health Professionals  
KIN 291  Clinical Human Anatomy  
& 291L  and Clinical Human Anatomy Laboratory  
or BIO 271  Human Anatomy  
& 271L  and Human Anatomy Laboratory  
KIN 292  Clinical Human Physiology  
& 292L  and Clinical Human Physiology Laboratory  
or BIO 277  Human Physiology  
& 277L  and Human Physiology Laboratory  
NTR 213  Introductory Nutrition  
PSY 121  General Psychology  
STA 108  Elementary Introduction to Probability and Statistics  

** Four Activity courses must be completed with a grade of C (2.0) or higher. A maximum of two Activity courses may be taken in the same semester. Activity courses which are sequential—e.g., beginner, intermediate, advanced—may not be taken concurrently. Once a course has been successfully completed, a student may not enroll in a lower level course for the same activity. A maximum of two DCE courses may be substituted for Activity courses provided the DCE courses are officially listed by the University as STU courses (identified as Studio Schedule Type on the Course Schedule).**

A minimum of 3 credits of anatomy and 3 credits of physiology is required. Anatomy/physiology combined courses must be at least 6 credits to count as both anatomy and physiology. Students may take multiple levels of combined anatomy and physiology courses (A&P I and A&P II) in order to achieve the minimum 6 credits.

**Concentration**

Select one of the concentrations as detailed following the major requirements.

- Exercise Specialist
- Sports Medicine and Movement Science (SMMS)

**Electives**

Electives sufficient to complete total 120 credit hours required for degree.

**Exercise Specialist Concentration Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td>KIN 466</td>
<td>Practicum in the HOPE Program</td>
<td></td>
</tr>
<tr>
<td>or KIN 496</td>
<td>Kinesiology Internship</td>
<td></td>
</tr>
<tr>
<td>KIN 468</td>
<td>Exercise Assessment, Testing, and Prescription for Fitness and Rehabilitation Professionals</td>
<td></td>
</tr>
<tr>
<td>KIN 469</td>
<td>Exercise Testing and Prescription II</td>
<td></td>
</tr>
<tr>
<td>KIN 471</td>
<td>Internship Preparation in Kinesiology</td>
<td></td>
</tr>
<tr>
<td>Select 6 additional credits of KIN electives at the 200-level or above*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Excluding 1-credit Activity courses.

**Sports Medicine & Movement Science Concentration Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td>KIN 423</td>
<td>Detection and Correction of Pathological Movement Patterns</td>
<td></td>
</tr>
<tr>
<td>KIN 441</td>
<td>Foundational Skills in Sports Medicine</td>
<td></td>
</tr>
<tr>
<td>PHY 211</td>
<td>General Physics I</td>
<td></td>
</tr>
<tr>
<td>&amp; 211L</td>
<td>and General Physics Lab I</td>
<td></td>
</tr>
<tr>
<td>Select 6 additional credits of KIN electives at the 200-level or above*</td>
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</tr>
</tbody>
</table>

* Excluding 1-credit Activity courses.

**Disciplinary Honors in Kinesiology**

**Requirements**

- A minimum of 12 credit hours as defined below.
- A grade of at least B in all course work used to satisfy the Honors requirement in Kinesiology
- UNC Greensboro cumulative GPA of 3.30 or better or, for transfer students, cumulative GPA of 3.30 or better from all prior institutions.
## Required

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSS 490</td>
<td>Senior Honors Project</td>
<td>3</td>
</tr>
</tbody>
</table>

Select 9 credits of KIN Honors courses *

* 6 credits of which must be at the 300-level or above.

### Recognition

Receive a Certificate of Disciplinary Honors in Kinesiology; have that accomplishment, along with the title of the Senior Honors Project, noted on the official transcript; and be recognized at a banquet held at the end of the spring semester.

### Honors Advisor

Contact Diane Gill (336-334-4683) at dlgill@uncg.edu, for further information and guidance about Honors in Kinesiology. To apply: [http://honorscollege.uncg.edu/forms/disc-application.pdf](http://honorscollege.uncg.edu/forms/disc-application.pdf)