KINESIOLOGY, B.S.

The Kinesiology major prepares students for careers in sports medicine, preventive and rehabilitative exercise and fitness. Graduates are able to pursue careers in fitness, personal training, cardiac rehabilitation, exercise physiology and related fields. Additionally, completing this major is a first step toward providing students with the necessary academic and clinical experience for future study in allied health fields. Examples include, but are not limited to, athletic training, physical therapy, occupational therapy, physician’s assistant, podiatry, dentistry, and medicine.

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 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.

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
- No required KIN course may be taken more than twice. Students who receive a grade below C twice in the same KIN prefix course will be withdrawn from the KIN major.

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>36</td>
</tr>
</tbody>
</table>

Major Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<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 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 Activity courses from the list at the bottom of the page.

Related Area Requirements

<table>
<thead>
<tr>
<th>Biology</th>
<th>Principles of Biology I &amp; Principles of Biology I Laboratory†</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy and Physiology**</td>
<td>Clinical Human Anatomy &amp; Clinical Human Anatomy Lab &amp; Human Anatomy Laboratory</td>
</tr>
<tr>
<td>KIN 291</td>
<td>Clinical Human Anatomy &amp; Clinical Human Anatomy Lab</td>
</tr>
<tr>
<td>KIN 292</td>
<td>Clinical Human Physiology &amp; Clinical Human Physiology Lab</td>
</tr>
<tr>
<td>BIO 111</td>
<td>Principles of Biology I &amp; Principles of Biology I Laboratory†</td>
</tr>
</tbody>
</table>

Chemistry

Select one of the following:

- CHE 103 & CHE 110: General Descriptive Chemistry I and Introductory Chemistry Laboratory
- CHE 104 & CHE 110: General Descriptive Chemistry II and Introductory Chemistry Laboratory
- CHE 111 & CHE 112: General Chemistry I and General Chemistry I Laboratory
- CHE 114 & CHE 115: General Chemistry II and General Chemistry II Laboratory

Nutrition

Select one course with the NTR prefix chosen from course numbers 213 to 499.

Communication Studies

Select one course with the CST prefix chosen from course numbers 105 to 499.

Psychology

- PSY 121: General Psychology††

Direct Electives: 18

<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>36</td>
</tr>
</tbody>
</table>

Required

- One additional KIN course (3 credits) at the 400-level.
- Two additional KIN courses (6 credits total) at the 100-level and above.

Select

- Three additional courses (9 credits) chosen from the following:
  - BIO 112
  - Any BIO course at or above BIO 280
  - Any CHE course at or above CHE 205
  - Any CTR course
Any HDF course at or above HDF 211
Any HEA course at or above HEA 113
Any HHS course at or above HHS 110
Any NTR course at or above NTR 213
Any PHY course at or above PHY 205
Any SOC course
Any SWK course at or above SWK 215

* 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.

† No Activity course (see list below) may be used as a KIN direct elective, KIN 000 courses which transfer to UNC Greensboro will not automatically be counted as KIN direct electives, but may be counted on an individual basis via appeal.

†† Counts toward GEC GNS requirement.

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.

<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>
<tr>
<td></td>
<td>Select 9 credits of KIN Honors courses *</td>
<td>9</td>
</tr>
</tbody>
</table>

* 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

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

Activity Courses Options
The following courses are identified as activity 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 180 Rock Climbing
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 and KIN 263L Skin and SCUBA Diving Lab
KIN 264 Advanced SCUBA
KIN 271 Intermediate Badminton
KIN 272 Tae Kwon Do