KINESIOLOGY, B.S.

Requirements

The Kinesiology major requires courses in the areas listed below.

1. General Education Core Requirements
2. General Education Marker Requirements
3. Major Core Requirements
4. Related Area Requirements
5. Kinesiology Electives
6. Additional Requirements

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 Students who receive a grade below C twice in the same KIN prefix course will be withdrawn from the KIN major.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

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<td>University Requirements</td>
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Kinesiology, B.S.

Four activity courses must be completed with a grade of C (2.0) or higher. A maximum of 2 ACT may be taken in the same semester. ACT 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 2 DCE courses may be substituted for ACT courses provided the DCE courses are officially listed by the university as STU courses.

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.

Counts toward GEC GNS requirement.
Counts toward GEC GSB requirement.

Additional Requirements

1. Admission

All students will be initially classified as Pre-Kinesiology. To apply for admission into the Kinesiology concentration students must have a minimum GPA of 2.50 in the major and satisfactorily complete the courses listed below.

Transfer and second-degree students must complete these requirements and successfully complete 12 credits at UNC Greensboro before applying. Application does not guarantee admission.

Qualified
The courses listed below requires a grade of C- or better.
BIO 111/BIO 111L

Qualified
The courses listed below require a grade of C or better.
KIN 250 Introduction to Kinesiology
KIN 291 Clinical Human Anatomy

Registration Restriction
Students will not be allowed to enroll in the courses listed below and any course at the 400 level or above without entrance into the KINE major.

Year One

Fall
KIN 250 Introduction to Kinesiology 3
KIN 220 Lifetime Wellness 3
HHS 125 Design Your Life I: What Could I Do With My Life? 1
GEC—General Education Core (any category) 3

Spring
KIN 265 & 265L Strength Training and/or Conditioning and Strength Training/Condition Lab 3
KIN 291 & 291L Clinical Human Anatomy and Clinical Human Anatomy Lab 4
PSY 121 General Psychology 3
GEC—General Education Core (any category) 3

Students in this concentration 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.

5. Appeals

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

Electives

Students will need to take elective credits prior to graduation. The number of electives needed varies based on course selection and any transfer credits. At least 120 credit hours are required to graduate. The KINE concentration requires 18 credits of electives with 9 of those credits from KIN prefix courses, and the remaining hours from the approved elective course list. Students will be required to successfully complete at least 3 credits of 400+ level KIN prefix course electives. No ACT course may be used as a KIN elective, KIN 000 courses which transfer to UNC Greensboro will not automatically be counted as KIN electives, but may be counted on an individual basis via appeal.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CST 105</td>
<td>Introduction to Communication Studies</td>
<td>3</td>
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<tr>
<td>KIN 379</td>
<td>Instructional Methods of Physical Activity</td>
<td>3</td>
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<tr>
<td>Chemistry Elective + Lab</td>
<td></td>
<td>4</td>
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<tr>
<td>Kinesiology Activity</td>
<td></td>
<td>1</td>
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<tr>
<td>Nutrition Elective</td>
<td></td>
<td>3</td>
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<td>GEC—General Education Core (any category)</td>
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<td>3</td>
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<tr>
<td>WI—Writing Intensive</td>
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<td>3</td>
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<td>KIN 292</td>
<td>Clinical Human Physiology and Clinical Human Physiology Lab</td>
<td>4</td>
</tr>
<tr>
<td>KIN 353</td>
<td>Injuries and Illnesses in Physical Activity</td>
<td>3</td>
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<tr>
<td>Directed Elective *</td>
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<td>3</td>
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<td>GEC—General Education Core (any category)</td>
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<td>GEC—General Education Core (any category)</td>
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<td>3</td>
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<tr>
<td>KIN 375</td>
<td>Physiology of Sport and Physical Activity and Physiology of Sport / Phys Act Lab</td>
<td>4</td>
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<tr>
<td>KIN 330</td>
<td>Critical Analyses for a Physically Active Society</td>
<td>3</td>
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<tr>
<td>Directed Elective *</td>
<td></td>
<td>3</td>
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<tr>
<td>CST 341</td>
<td>Communical and Workplace Relationship</td>
<td>3</td>
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<tr>
<td>GEC—General Education Core (any category)</td>
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<tr>
<td>KIN 376</td>
<td>Biomechanics of Sport and Physical Activity</td>
<td>3</td>
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<tr>
<td>Kinesiology Elective</td>
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* Electives must come from approved list - See graduation requirements: electives at kin.uncg.edu/

**Notes:**
1. You must have 120 hours, at least 36 credits at or above the 300 level.
2. Avoid taking multiple Activity courses in the same semester. If you get injured, it may impact your ability to complete the course(s).
3. GL/GN requirements can "double dip" or "triple dip" with GEC and/or WI/SI - watch your credit hours!
4. Apply to the KINE major after grades post for BIO 111, KIN 250, KIN 291, & 2.5+ Major GPA.
5. This is a suggested plan of study, you may change courses around if needed. Please be flexible!
6. You may take electives that count as your KIN and/or grad school requirements. Be sure to look ahead at Grad schools and work backwards. Know which courses each grad school will require you to have and speak with an advisor if you aren't sure.
7. The "date" and "initial" columns are for advising purposes. Feel free to bring this sheet to advising and get an advisors initials stating your requirements are being fulfilled by checking the boxes of courses you plan to take, or took and passed.
8. If you want to have an internship, use Fall of the fourth year for KIN 471 and Spring of the fourth year for KIN 595.