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.

Admission

To apply for admission into the Kinesiology B.S. students must have a minimum GPA of 2.50 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.

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>36</td>
</tr>
<tr>
<td>KIN 250</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 265</td>
<td>Strength Training and/or Conditioning</td>
<td>3</td>
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<tr>
<td>KIN 330</td>
<td>Critical Analyses for a Physically Active Society</td>
<td>3</td>
</tr>
<tr>
<td>KIN 353</td>
<td>Injuries and Illnesses in Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 370</td>
<td>Assessment and Evaluation in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 375</td>
<td>Physiology of Sport and Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 376</td>
<td>Biomechanics of Sport and Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 379</td>
<td>Instructional Methods of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 386</td>
<td>Motor Control and Learning</td>
<td>3</td>
</tr>
<tr>
<td>KIN 388</td>
<td>Psychology of Physical Activity</td>
<td>3</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 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 Skin and SCUBA Diving Lab
KIN 264  Advanced SCUBA
KIN 271  Intermediate Badminton
KIN 272  Tae Kwon Do

**Related Area Requirements**  25

**Biology**
- BIO 111 Principles of Biology I and Principles of Biology I Laboratory

**Anatomy and Physiology** *
- KIN 291 Clinical Human Anatomy and Human Anatomy Laboratory
- or BIO 271 Human Anatomy and Human Anatomy Laboratory

- KIN 292 Clinical Human Physiology and Human Physiology Laboratory
- or BIO 277 Human Physiology and Human Physiology Laboratory

**Chemistry**
- Select one of the following:
  - CHE 103 General Descriptive Chemistry I and Introductory Chemistry Laboratory
  - or CHE 104 General Descriptive Chemistry II and Introductory Chemistry Laboratory
  - or CHE 111 General Chemistry I and General Chemistry I Laboratory
  - or CHE 112 General Chemistry II and General Chemistry II Laboratory
  - or CHE 114 General Chemistry I 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
- 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) 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 111
  - 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.

1 No Activity course 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.

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

**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>Required</td>
<td></td>
<td></td>
</tr>
<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