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 101</td>
<td>Beginning Basketball</td>
<td>1</td>
</tr>
<tr>
<td>KIN 104</td>
<td>Beginning Volleyball</td>
<td>1</td>
</tr>
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<td>Lifetime Wellness</td>
<td>3</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>
</tr>
<tr>
<td>KIN 289</td>
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<td>3</td>
</tr>
<tr>
<td>KIN 330</td>
<td>Critical Analyses for a Physically Active Society</td>
<td>3</td>
</tr>
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<td>Injuries and Illnesses in Physical Activity</td>
<td>3</td>
</tr>
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<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>
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Activity Courses
*Select four of the following courses:
- KIN 101 Beginning Volleyball
- KIN 104 Beginning Basketball

Kinesiology Core

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</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
& 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

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

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</table>
| Required | KIN 466 Practicum in the HOPE Program  
or KIN 496 Kinesiology Internship | 16           |
|         | KIN 468 Exercise Assessment, Testing, and Prescription for Fitness and Rehabilitation Professionals |              |
|         | KIN 469 Exercise Testing and Prescription II       |              |
|         | KIN 471 Internship Preparation in Kinesiology      |              |

Select 6 additional credits of KIN electives at the 200-level or above *

Sports Medicine & Movement Science Concentration Requirements

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<tr>
<td>Required</td>
<td>KIN 423 Detection and Correction of Pathological Movement Patterns</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>KIN 441 Foundational Skills in Sports Medicine</td>
<td></td>
</tr>
</tbody>
</table>
|         | PHY 211 General Physics I  
& 211L and General Physics Lab I |              |

Select 6 additional credits of KIN electives at the 200-level or above *

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.

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<tbody>
<tr>
<td>Required</td>
<td>HSS 490 Senior Honors Project</td>
<td>3</td>
</tr>
</tbody>
</table>

Select 9 credits of KIN Honors courses *

* Excluding 1-credit Activity 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.

* 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).

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* 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