KINESIOLOGY, B.S.

Requirements
All concentrations in the Kinesiology major require 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. Concentration Requirements
6. Electives
7. Additional Requirements

Each concentration has additional requirements for graduation. The specific course requirements and additional requirements are listed in each concentration section.

The Kinesiology major prepares students for careers in sports medicine, preventive and rehabilitative exercise and fitness. Graduates from this concentration 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
- 122-128 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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<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td></td>
<td>University Requirements</td>
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<tr>
<td></td>
<td>General Education Core Requirements</td>
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<td>Concentration Requirements</td>
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<td>Electives</td>
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<td>Additional Requirements</td>
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Related Area Requirements

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

**Anatomy and Physiology**
- KIN 291 Clinical Human Anatomy
- or BIO 271 Human Anatomy
- KIN 292 Clinical Human Physiology
- or BIO 277 Human Physiology

**Chemistry**
- Select one of the following:
  - CHE 103 General Descriptive Chemistry I
  - & CHE 110 and Introductory Chemistry Laboratory
  - CHE 104 General Descriptive Chemistry II
  - & CHE 110 and Introductory Chemistry Laboratory
  - CHE 111 General Chemistry I
  - & CHE 112 and General Chemistry I Laboratory
  - CHE 114 General Chemistry II
  - & CHE 115 and General Chemistry II Laboratory

**Nutrition**
- Select one course with the NTR prefix chosen from course numbers 213 to 599

**Communication Studies**
- Select one course with the CST prefix chosen from course numbers 105 to 599

**Psychology**
- PSY 121 General Psychology
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 UNCG before applying. Application does not guarantee admission.

**Qualified**

   The course listed below requires a grade of C- or better.
   BIO 111 Principles of Biology I

**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.

**Course** | **Title** | **Credit Hours**
--- | --- | ---
KIN 250 | Introduction to Kinesiology | 3
KIN 220 | Lifetime Wellness | 3
KIN Activity | 1
BIO 111 | Principles of Biology | 4
BIO 111L | Principles of Biology I Laboratory | 1
HHS 125 | Design Your Life I: What Could I Do With My Life? | 1
GEC—General Education Core (any category) | 3

2. **Minimum Grade**

   To qualify for graduation in the Kinesiology concentration, 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.

3. **Minimum Semester Hours**

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

4. **Re-entry**

   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 122 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 UNCG will not automatically be counted as KIN electives, but may be counted on an individual basis via appeal.

**Course** | **Title** | **Credit Hours**
--- | --- | ---
Freshman | | 16
Fall | | 14
KIN 250 | Introduction to Kinesiology | 3
KIN 220 | Lifetime Wellness | 3
KIN Activity | 1
BIO 111 | Principles of Biology | 4
BIO 111L | Principles of Biology I Laboratory | 1
HHS 125 | Design Your Life I: What Could I Do With My Life? | 1
GEC—General Education Core (any category) | 3

Spring | | 16
KIN 265 | Strength Training and/or Conditioning | 3
KIN 265L | Strength Training/Condition Lab | 0
KIN 291 | Clinical Human Anatomy | 4
KIN 291L | Clinical Human Anatomy Lab | 0
PSY 121 | General Psychology | 3
GEC—General Education Core (any category) | 3
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<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
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<tr>
<td>Sophomore Fall</td>
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<td>KIN 379</td>
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<td>CHE Elective &amp; Lab</td>
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<td>KIN 353</td>
<td>Injuries and Illnesses in Physical Activity</td>
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<td>Junior</td>
<td>KIN 375</td>
<td>Physiology of Sport and Physical Activity</td>
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<td>KIN 375L</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 s.h. 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.