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 Students who receive a grade below C twice in the same KIN prefix course will be withdrawn from the KIN major.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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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</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></td>
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<tr>
<td>KIN 265</td>
<td>Strength Training and/or Conditioning</td>
<td></td>
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<tr>
<td>KIN 330</td>
<td>Critical Analyses for a Physically Active Society</td>
<td></td>
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<tr>
<td>KIN 353</td>
<td>Injuries and Illnesses in Physical Activity</td>
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<tr>
<td>KIN 370</td>
<td>Assessment and Evaluation in Kinesiology</td>
<td></td>
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<tr>
<td>KIN 375</td>
<td>Physiology of Sport and Physical Activity</td>
<td></td>
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<tr>
<td>KIN 376</td>
<td>Biomechanics of Sport and Physical Activity</td>
<td></td>
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<tr>
<td>KIN 379</td>
<td>Instructional Methods of Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KIN 386</td>
<td>Motor Development and Learning</td>
<td></td>
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<tr>
<td>KIN 388</td>
<td>Psychology of Physical Activity</td>
<td></td>
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### Activity Courses

Select four activity courses.

## Related Area Requirements

### Biology

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>BIO 111</td>
<td>Principles of Biology I</td>
</tr>
<tr>
<td>&amp; 111L</td>
<td>Principles of Biology I Laboratory</td>
</tr>
</tbody>
</table>

### Anatomy and Physiology

- KIN 291 | Clinical Human Anatomy |
- or BIO 271 | Human Anatomy |
- & 271L | Human Anatomy Laboratory |

### 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

<table>
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<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>PSY 121</td>
<td>General Psychology</td>
</tr>
</tbody>
</table>
* 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 require 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.

   **Code** | **Title** | **Credit Hours**
   --- | --- | ---
   **Required** | 14 |
   KIN 353 | Injuries and Illnesses in Physical Activity |
   KIN 375 | Physiology of Sport and Physical Activity |
   KIN 376 | Biomechanics of Sport and Physical Activity |
   KIN 386 | Motor Development and Learning |

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 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 KINE electives, but may be counted on an individual basis via appeal.