

KINESIOLOGY & SPORT PERFORMANCE MAJOR (BS)

Department website (<https://www.uwp.edu/learn/programs/kinesiologyandsportperformance.cfm>)

College: College of Natural & Health Sciences

Program Level Outcomes for Kinesiology & Sport Performance

- Apply the knowledge of kinesiology & sport performance principles.
 - Identify and explain the mechanisms underlying behavioral, biomechanical, physiological, and psychological changes that occur during after exercise and training.
 - Analyze and assess human movement in a variety of levels and contexts.
 - Develop and execute evidence-based assessments and programs regarding kinesiology & sport performance.
 - Plan, implement, monitor and evaluate evidence-based performance or health-related physical exercise programs.
- Demonstrate effective professional communication skills through a variety of mediums.
 - Use professional oral and visual communication skills effectively when giving a presentation on a topic in the field of kinesiology and sport performance.
 - Demonstrate effective writing skills regarding a kinesiology & sport performance problem or issue.
 - Demonstrate competence with interpersonal communication in a situation related to kinesiology and sport performance.
 - Demonstrate effective individual and group exercise leadership skills.
- Demonstrate effective critical thinking skills in the area of kinesiology & sport performance.
 - Appropriately apply scientific methods to the field of kinesiology & sport performance.
 - Apply evidence-based decision-making in planning safe and effective exercise programming.
 - Evaluate information and evidence related to kinesiology, sport, fitness and health practices.
- Act as a socially responsible member of the kinesiology & sport performance profession.
 - Develop personal and professional philosophies necessary to excel professionally.
 - Use the various dimensions of diversity, ethics, and law for professional decision-making in relation to the industry.
 - Appreciate the need and have the desire to seek the most current knowledge in the field.

Requirements for the Kinesiology & Sport Performance Major

In addition to satisfying the general university requirements, students seeking to graduate with a Bachelor of Science in Kinesiology & Sport Performance must satisfy the following requirements:

- Complete all requisite course work (64 to 69 credits) for the major; and

- Earn a grade of C- or better in each of the classes utilized to complete the major; and
- Achieve a minimum overall 2.67 GPA in all courses utilized to complete the major.

Code	Title	Credits
College of Natural and Health Sciences requirement		
New entering students, and transfer students with less than 30 college credits, choosing a major in the College of Natural and Health Science are required to take this course.		
UWP 101	First Year Seminar: Natural and Health Sciences	1
Required Core Courses		
<i>Choose one Combination of Anatomy Courses (5, 7 or 10 credits)</i>		<i>5-10</i>
KSP 110	Essentials of Human Anatomy and Physiology	
BIOS 105 & BIOS 106	Human Physiology and Anatomy I and Human Physiology and Anatomy II	
BIOS 300 & BIOS 341	Human Functional Anatomy and Mammalian Physiology	
Required HKSM Courses		
PE 150	Weight Training	1
PE 161	Speed, Power, and Agility Training	1
Required Health Courses		
HLTH 270	Lifetime Wellness	3
HLTH 280	Nutrition for Wellness	3
HLTH 330	Exercise Leadership and Management	3
Required KSP Courses		
KSP 100	Introduction to Kinesiology and Sport Performance	1
KSP 210	Prevention and Care of Athletic Injuries	3
KSP 295	Practicum in Kinesiology and Sport Performance	2
KSP 306	Motor Learning and Skill Acquisition	3
KSP 310	Measurement and Evaluation in Sport and Exercise	3
KSP 320	Sport and Exercise Psychology	3
KSP 330	Sport and Exercise Biomechanics	4
KSP 340	Sport and Exercise Physiology	4
KSP 350	Research Methods in Kinesiology and Sport Performance	3
KSP 415	Scientific Principles of Strength and Conditioning	4
KSP 420	Advanced Sport Conditioning Techniques	2
KSP 425	Program Design for Athletic Development and Training	2
KSP 480	Advanced Seminar in Kinesiology and Sport Performance	1
KSP 498 (can be broken up into segments of 1, 2 or 3 credits)		3
KSP 498	Fieldwork in Kinesiology and Sport Performance	
Required Core Courses Subtotal		55-60
Elective Courses		
Select three courses:		9
KSP 300	Advanced Sport and Exercise Nutrition	
KSP 390	Special Topics in Kinesiology and Sport Performance	
KSP 410	Fitness Assessment and Exercise Prescription	
KSP 426	Functional Anatomy for Strength and Conditioning	
KSP 435	Kinesiology and Sport for Special Populations	

KSP 490	Special Topics in Kinesiology and Sport Performance	
SPMT 400	Sports Analytics	
Elective Courses Subtotal		9
Total Credits		64-69

General University Degree Requirements (Bachelor's Degree)

In addition to individual program requirements, students must also fulfill the following requirements:

Requirement	Credits
Skills	7-8
General Education	36
Foreign Language**	6-8
Ethnic Diversity	3
Total	52-55

** Transfer students in sustainable management, and health information management and technology collaborative, online degree-completion programs, the business management online degree-completion program, and the flexible option degree-completion program will be exempt from the university's foreign language requirement. See appropriate academic section for further information.

Skills Requirement (<https://catalog.uwp.edu/policies/#skills>)

Code	Title	Credits
Reading and Writing		
ENGL 101	Composition and Reading	3
Computational Skills		
Select one of the following:		4-5
MATH 102	Survey of Mathematics	
MATH 103	Elementary Statistics	
MATH 104	Quantitative Reasoning	
MATH 111	College Algebra I	
Total Credits		7-8

General Education (<https://catalog.uwp.edu/policies/#general>)

- General Education Course List (<https://catalog.uwp.edu/programs/general-education-program/#coursestext>)

Foreign Language (<https://catalog.uwp.edu/policies/#language>)

Ethnic Diversity (<https://catalog.uwp.edu/policies/#ethnic>)

Degree Requirements

Requirement	Credits
Minimum Total Credits	120
Upper Level Credits (300 level or above)	36
Residency	30 of final 60

Cumulative Degree GPA: 2.0 minimum