

# **KINESIOLOGY**

Bachelor of Science

Degree Requirements

For Students Beginning

Fall 2022

# REQUIREMENTS FOR A MAJOR IN KINESIOLOGY

## REQUIREMENTS FOR STUDENTS ENTERING THE MAJOR AS OF FALL 2022

Total Credits Required = 68 Credits

- I. Public Health & Health Sciences Foundation**  
4 credits of Required Course
- II. Preparatory Courses**  
22 Credits of Requisite Courses
- III. Kinesiology Course Requirements**  
36 Credits of Required Kinesiology Courses for All Majors
- IV. Kinesiology Elective Course Requirements**  
6 Credits of Kinesiology Electives

### SPECIFIC COURSE REQUIREMENTS

#### I. PUBLIC HEALTH & HEALTH SCIENCES FOUNDATION (4 CREDITS)

COURSE #	TITLE	CREDITS
SPHHS150	Great Challenges in Public Health and Health Sciences <sup>+</sup>	4

The following pertains to the above course:

- 1. A grade of D (1.0) or better is required to pass the above course;
- 2. Course marked with + can be used toward a General Education requirement.

#### II. PREPARATORY REQUIREMENTS (22 CREDITS)

COURSE #	TITLE	CREDITS
MATH 127	Calculus for the Life and Social Sciences I	3
MATH 128	Calculus for the Life and Social Sciences II	3
PHYSICS 131	Introductory Physics I	4
CHEMISTRY 111	General Chemistry	4
KIN 100	Introduction to Kinesiology* <sup>+</sup>	4
KIN 110	Human Performance and Nutrition* <sup>+</sup>	4
<b>TOTAL CREDITS</b>		<b>22</b>

The following pertains to the above courses:

- 1. A grade of C- (1.7) or better is required to pass all above courses;
- 2. A cumulative GPA of 2.5 in Calc I, Physics, and Chemistry is required to remain in the major (Please see last page);

3. Students are strongly encouraged to complete KIN 100 and KIN 110 by the end of their second full year in the major as these courses are prerequisites for many of the KIN major courses;
4. Students may make the following course substitutions: Physics 151 for Physics 131, Math 131 for Math 127, and Math 132 for Math 128. A grade of C- (1.7) is required for these course substitutions;
5. Courses marked with \* must be taken in residence (unless UPD approval is given). Courses marked with + can be used toward a General Education requirement.

### III. REQUIRED CORE KINESIOLOGY COURSES (36 CREDITS):

COURSE #	TITLE	CREDITS
KIN 270	Anatomy & Physiology I w/ Lab	4
KIN 272	Anatomy & Physiology II w/ Lab	4
KIN 236	Neuromechanics of Human Motion*	3
KIN 247	Physical Activity in Health and Disease*	3
STATISTICS	200-level statistics^	3-4
KIN 355	Writing Seminar in Kinesiology*	3
KIN 394AI	Integrative Experience*+	4
KIN 430	Biomechanics*	3
KIN 440	Physical Activity and Public Health*	3
KIN 460	Movement Neuroscience*	3
KIN 470	Exercise Physiology*	<u>3</u>
<b>TOTAL CREDITS</b>		<b>36(37)</b>

#### The following pertains to the above courses:

1. A grade of C- (1.7) or better is required for all of the above courses;
2. Note: Course marked with + is a General Education requirement;
3. ^Choice of Statistics class includes: PUBHLTH 223, PSYCH 240, STAT 240, EDUC 240, RESECON 212;
4. Courses marked with \* must be taken in residence (unless UPD approval is given). Courses marked with + can be used toward a General Education requirement;

### IV. KINESIOLOGY ELECTIVES (6 CREDITS):

COURSE #	TITLE	CREDITS
KIN 201	Introduction to Exercise Psychology	3
KIN 215	Prevention and Care of Athletic Injury	3
KIN 245	Health Fitness Management	3
KIN 297E	Foundations of Personal Training	3
KIN 297H/Q	Research Methods	3
KIN 297T	Medical Terminology	3
KIN 305	Introduction to Therapeutic Exercise	3
KIN 311	Anatomy of Human Motion	3
KIN 343	Principles of Personal Training and S&C	3
KIN 346	Clinical & Public Health Implications of Obesity	3

KIN 380	Diet, Supplements and Athletic Performance	3
KIN 397G	Exercise Mgmt. for Special Populations	3
KIN 196 - 496	Independent Study* (See Below)	1-6
KIN 498F/G	Teaching Practicum* (See Below)	1-3
KIN 398 - 498	Internship/Practicum* (See Below)	1-15
Kin 291-491	Research Seminar* (See Below)	3

**Additional: KIN 500+ (graduate level courses) can be used as Kinesiology traditional in-class electives**

**The following pertains to the above courses:**

1. A grade of C- (1.7) or better is required for all Elective Courses
2. Students must successfully complete 6 credits. At least 3 credits must be from a traditional in-class course and a maximum of 3 additional credits from the approved non-traditional credits from the courses listed above (\*). Students wishing to fulfill up to a maximum of 3 non-traditional credits may take KIN seminar (291-491) courses, KIN independent study courses (196, 296, 396 and 496), KIN teaching practicum (498F/G) and KIN internship/practicum (398/398A/498/498Y), all marked with \*.
3. The INTERNSHIP/PRACTICUM may be graded or taken on a Pass/Fail basis. All INDEPENDENT STUDIES AND TEACHING PRACTICA may be taken for a grade or Pass/Fail and must be approved by a faculty sponsor during the prior semester, or within the first two weeks of the semester in which the student is taking those courses.
4. Any additional Kinesiology Elective Courses successfully completed above the 6-credit requirement can fulfill the University Requirements for graduation.

**IV. ADDITIONAL COURSES:**

Below are courses suggested for students interested in various post-graduate opportunities. Students are encouraged to meet with an advisor to discuss what courses and experiences would be best for their particular post-graduation choice.

<b>If you are interested in:</b>	<b>You should also enroll in:</b>	<b>Some programs may recommend:</b>	<b>Required Standardized Exam:</b>
Physical Therapy	Chemistry II Physics II Intro to Psychology (Psych 100) Biology (Bio 151/152/153)	upper-level psychology statistics clinical hours	GRE
Medicine	General Biology (Bio 151/152/153) Chem II Organic Chem w/lab (Chem 261/262/269) Physics II Biochemistry	statistics ethics computer literacy volunteer work or work in a research lab	MCAT
Chiropractic	Intro. to Biology (Bio 151/152/153) Chem II Organic Chem (Chem 261/262/269) Physics II Psychology (Psych 100)		

Occupational Therapy	Intro Psych (Psych 100) Developmental Psych (Psych 350) Abnormal Psych (Psych 380) Intro to sociology/anthropology	biology course sequence clinical hours	GRE
Nursing	Developmental Psych (Psych 350, Nursing 210) Nutrition (Nutrition 130/230) Microbiology (Micro 310) Intro to Biology (Bio 151/152/153)	additional psych organic chemistry	
Physician's Assistant	Microbiology (Micro 310) General biology w/lab (Bio 151/152/153) Organic Chem w/lab (Chem 261/262/269) Intro to Psych (Psych 100) Biochemistry Patient Care Hours	genetics cell biology ethics	GRE
Research	Research Methods, Statistical Analysis, Biology, Molecular Biology, Organic Chemistry, Physical Chemistry	Work in a research lab, Additional coursework in area	GRE and/or TOEFL
Health & Fitness	Exercise Testing & Programming, Strength and Conditioning, Personal Training, Pathophysiology and Risk Factors, Human Behavior and Psychology, Safety and Emergency Care, Nutrition and Weight Management	Internships, Additional Courses in Activities Throughout the Life Span	A National Certification

### Final Notes:

1. It is the student's responsibility to ensure they have met the General Education requirements, reached a minimum of 120 credits University credits, and fulfilled the requirements of KIN major. Major advisors will assist the student in course selections, but it is the student's responsibility to ensure that all University, School, and KIN requirements are satisfied prior to graduation and they have checked their records and transcripts.
2. Courses in sections I, II, III AND IV must be taken for a grade (no Pass/Fail option, WITH THE EXCEPTION OF THE KIN 398A, 498 & 498Y INTERNSHIP/PRACTICUM).

### CONTINUATION POLICY: FALL 2022

At the end of a student's third semester as a Declared Kinesiology Majors, students will be reviewed by the Undergraduate Leadership Committee for successful completion (a grade of "C-" or better in each course) and a cumulative GPA of 2.50 or higher in the following courses:

1. Math 127 - Calculus I or an equivalent course
2. Physics 131 - Intro to Physics I or an equivalent course
3. Chemistry 111 - General Chemistry I or an equivalent course

Students who do not meet the continuation policy in the first three semesters in the major will be holistically reviewed by the Undergraduate Leadership Committee and may be advised into another undergraduate major on campus. In certain circumstances, the Undergraduate Leadership Committee may grant extensions for individual students. Students concerned about progress,

appropriate course scheduling, and/or need academic support, should contact the academic advisor to discuss possible options as soon as possible. Contact information can be found on the kinesiology advising page:

<https://www.umass.edu/sphhs/kinesiology/undergraduate-program/academic-advising>

The rationale for these requirements is that students with a cumulative GPA below 2.5 in the above courses, which represent the science & math foundation, may have to repeat several courses, slowing their academic progress and potentially delaying their graduation. In addition, it may indicate future challenges in successfully completing the 400-level required kinesiology courses.

Examples of GPA Calculations:

GPA = Total

GPA Points/Total Credits

Chem 111: C+ = 2.3 (gpa points) x 4 (credits) = 9.2      = 9.2 + 8.1 + 10.8 = 28.1  
 Math 127: B- = 2.7 (gpa points) x 3 (credits) = 8.1      = 4 + 3 + 4 = 11  
 Physics 131: B- = 2.7 (gpa points) x 4 (credits) = 10.8      = 2.55 Cumulative GPA

Chem 111: C- = 1.7 (gpa points) x 4 (credits) = 6.8      = 6.8 + 6.9 + 14.8 = 28.5  
 Math 127: C+ = 2.3 (gpa points) x 3 (credits) = 6.9      = 4 + 3 + 4 = 11  
 Physics 131: A- = 3.7 (gpa points) x 4 (credits) = 14.8      = 2.59 Cumulative GPA

A	4.0	C	2.0
A-	3.7	C-	1.7
B+	3.3	D+	1.3
B	3.0	D	1.0
B-	2.7	F	0
C+	2.3		

Reminder: A grade of “C- or better” is required for degree requirement completion, however, a “C-“ GPA average is a 1.7 (see chart). To reach a cumulative GPA of a 2.5 in the above courses, grade averages in the range of “B-/C+ or better” will be needed.

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