

# **KINESIOLOGY**

Bachelor of Science

Degree Requirements

For Students Beginning

Summer 2013

# REQUIREMENTS FOR A MAJOR IN KINESIOLOGY

## REQUIREMENTS FOR STUDENTS ENTERING THE MAJOR AS OF SUMMER 2013

Total Credits Required = 64 Credits

### I. Preparatory Courses

22 Credits of Requisite Courses

### II. Kinesiology Course Requirements

36 Credits of Required Kinesiology Courses for All Majors

### III. Kinesiology Elective Course Requirements

6 Credits of Kinesiology Electives

## SPECIFIC COURSE REQUIREMENTS

### I. PREPARATORY REQUIREMENTS (22 CREDITS)

<u>COURSE #</u>	<u>TITLE</u>	<u>CREDITS</u>
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 for Science Majors	4
KIN 100	Introduction to Kinesiology*	4
KIN 110	Human Performance and Nutrition*	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 above courses.
2. A Cumulative GPA of 2.5 in Math, 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 pre-requisites 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!

**II. All Kinesiology majors must complete the following 11 core courses\*  
(36 CREDITS):**

<b>COURSE #</b>	<b>TITLE</b>	<b>CREDITS</b>
KIN 270	Anatomy & Physiology I & Lab	4
KIN 272	Anatomy & Physiology II & Lab	4
KIN 247 (297P)	Physical Activity in Health and Disease*	3
KIN 236	Neuromechanics of Human Motion*	3
PUBHLTH 223	Introduction to Biostatistics*	3
KIN 355	Writing Seminar in Kinesiology*	3
KIN 394AI	Integrative Experience**	4
KIN 430	Biomechanics*	3
KIN 440	Wellness for All* (Physical Activity for All)	3
KIN 460	Motor Control*	3
KIN 470	Exercise Physiology*	3
<b>TOTAL CREDITS</b>		<b>36</b>

- 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. COURSES MARKED WITH \* MUST BE TAKEN IN RESIDENCE!**

**III. KINESIOLOGY ELECTIVES** - Students must select 6 credits from the courses listed below.

<b>COURSE #</b>	<b>TITLE</b>	<b>CREDITS</b>
KIN 215	Prevention and Care of Athletic Injury	3
KIN 245(297WP)	Health Fitness Management	3
KIN 246	Clinical & Public Health Implications of Obesity	3
KIN 297E	Foundations of Personal Training	3
KIN 297H (Honors)	ST- Research Methods	3
KIN 201	Introduction to Exercise Psychology	3
KIN 311	Anatomy of Human Motion	3
KIN 340	Exercise Testing and Programming	3
KIN 343	Principles of Personal Training and Strength & Conditioning	3
KIN 380	Diet, Supplements and Athletic Performance	3
KIN 305	Introduction to Therapeutic Exercise	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

**Note: KIN 500+ (Graduate level courses) can be used as Kinesiology electives**

**A grade of C- (1.7) or better is required for all of these Elective Courses**

\* **NOTE:** Students may take KIN Independent Study courses (196, 296, 396 and 496), KIN Teaching Practicum (498F/G) and KIN Internship/Practicum (398/398A/498/498Y) to fulfill up to 3 of the required 6 credits of the Kinesiology Electives requirement. The **INTERNSHIP / PRACTICUM** may be graded or taken on a Pass/Fail basis. All **INDEPENDENT STUDIES** and **TEACHING PRACTICA** 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. Any additional Kinesiology Elective Courses taken above the 6 credit requirement can fulfill the University Requirements for graduation if they are completed successfully.

#### **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 112 Physics 132 Intro to Psychology (Psych 100) Biology (Bio 151/152/153)	Abnormal Psychology Internship in PT Statistics (PH 223)	GRE
Medicine	General Biology (Bio 151/152/153) Chem 112 Organic Chem w/lab (Chem 261/262/269) Physics 132, Medical Ethics, 1 yr English literature or composition	Statistics Computer Literacy Volunteer work or work in a research lab	MCAT
Chiropractic	Biology (Bio 151/152/153) Chem 112 Organic Chem (Chem 261/262/269) Physics 132 Two semesters of English Composition One semester of psychology (Psych 100)		
Occupational Therapy	Intro Psych (Psych 100) Developmental Psych (Psych 350) Abnormal Psych (Psych 380) Intro to sociology/anthropology	biology course Internship in OT	GRE
Nursing	Developmental Psych (Nursing 210), Nutrition (Nutrition 130/230) Microbiology (Micro 310) Intro to Biology (Bio 151/152/153)	Intro to Psych organic chemistry	
Physician's Assistant	Microbiology (Micro 310) General biology w/lab (Bio 151/152/153) Chem 112 Organic Chem (Chem 261) Intro to Psych (Psych 100) molecular biology Clinical Hours (depends on program)	genetics cell biology  ** PA programs vary GREATLY. Please check individual programs**	
Research	Experimental Design, 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

1. IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE THAT GENERAL EDUCATION REQUIREMENTS ARE SATISFIED. **NOTE:** Your adviser will assist you in course selections, but it is your responsibility to ensure that all General Education requirements are satisfied prior to graduation. You should double-check your records and transcripts to be sure all General Education requirements have been met. It is the responsibility of the Kinesiology Adviser to ensure that all Kinesiology Requirements are met (Sections I, II, and III);
2. IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE THAT THEY HAVE 120 CREDITS in order to meet the University's credit requirement for a degree from The University;
3. CLARIFICATION - Please note: 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/PRACTICA.**

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# Continuation Policy Beginning Fall 2013

To remain a Kinesiology major:

- a) Kinesiology students must have a cumulative GPA of 2.50 or higher in the courses listed below;
- b) These courses must be completed by the end of the third semester as a Kinesiology major and applies to both internal and external transfer students.

- 1. Math 127 - Calculus I or an equivalent course**
- 2. Math 128 - Calculus II or an equivalent course**
- 3. Physics 131 - Intro to Physics I or an equivalent course**
- 4. Chemistry 111 - General Chemistry I or an equivalent course**

Students who do not complete all of these courses with a cumulative GPA of 2.5 or greater in the first three semesters in the major will be removed from the Kinesiology major and advised into another undergraduate major on campus. Only courses taken through UMass are factored into the GPA for this policy. Transfer courses and AP courses are counted only for credit.

The rationale for these requirements is that students with a cumulative GPA below 2.5 in the above courses have to repeat several courses which slows their academic progress and delays their graduation.

Any Questions please contact Stacy Feek, at [stacyfeek@umass.edu](mailto:stacyfeek@umass.edu) or (413) 577-0131

Examples of GPA Calculations:

Chem 111: C+ = 2.3 (gpa points) x 4 (credits) = 9.2  
 Math 127: C+ = 2.3 (gpa points) x 3 (credits) = 6.9  
 Math 128: B- = 2.7 (gpa points) x 3 (credits) = 8.1  
 Physics 131: B- = 2.7 (gpa points) x 4 (credits) = 10.8

GPA = Total GPA Points/Total Credits  
 = 9.2 + 6.9 + 8.1 + 10.8 = 35  
 = 4 + 3 + 3 + 4 = 14  
 = 35/14  
 = 2.5 Cumulative GPA

Chem 111: C- = 1.7 (gpa points) x 4 (credits) = 6.8  
 Math 127: C+ = 2.3 (gpa points) x 3 (credits) = 6.9  
 Math 128: C+ = 2.3 (gpa points) x 3 (credits) = 6.9  
 Physics 131: A = 4.0 (gpa points) x 4 (credits) = 16

= 6.8 + 6.9 + 6.9 + 16 = 36.6  
 = 4 + 3 + 3 + 4 = 14  
 = 36.6/14  
 = 2.61 Cumulative GPA

\*\* A GRADE OF 'C-' OR ABOVE IS CONSIDERED PASSING.\*\*

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		