

KINESIOLOGY & SPORT PERFORMANCE MAJOR (BS)

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

College: College of Natural & Health Sciences

A major in kinesiology and sport performance encompasses a wide variety of applied scientific disciplines in areas such as anatomy, biomechanics, physiology, motor behavior and skill acquisition, nutrition, psychology, injury prevention, and leadership and management. The study of these disciplines is integrated into the academic preparation of kinesiology professionals (e.g., strength and conditioning coaches or fitness and health specialists).

Program Learning Outcomes

1. 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.
2. 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.
3. 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.
4. 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 (BS)

- 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 Sciences are required to take this course.		
UWP 101	First Year Seminar: Natural and Health Sciences	1

Required Core Courses

Choose one Combination of Anatomy Courses (5, 7 or 10 credits) 5-10

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 Physical Education Courses

PE 150	Weight Training	1
PE 161	Speed, Power, and Agility Training	1

Required Health Courses

HLTH 250	First Aid and Safety	3
HLTH 270	Lifetime Wellness	3
HLTH 280	Nutrition for Wellness	3

Required Courses

KSP 100	Introduction to Kinesiology and Sport Performance	1
KSP 306	Motor Learning and Development	3
KSP 310	Measurement and Evaluation in Sport and Exercise	3
KSP 320	Sport and Exercise Psychology	3
KSP 325	Exercise Leadership and Management	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 Human Performance	4
KSP 425	Program Design for Athletic Development and Training	3
KSP 480	Senior 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		52-57

Elective Courses

Select four courses:		11-12
KSP 300	Advanced Sport and Exercise Nutrition	
KSP 345	Prevention and Care of Athletic Injuries	
KSP 390	Special Topics in Kinesiology and Sport Performance	
KSP 410	Fitness Assessment and Exercise Prescription	
KSP 420	Advanced Sport Conditioning Techniques	
KSP 426	Functional Anatomy for Human Performance	
KSP 435	Kinesiology and Sport for Special Populations	
KSP 490	Special Topics in Kinesiology and Sport Performance	
SPMT 400	Sports Analytics	
Elective Courses Subtotal		11-12

Total Credits 63-69

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	Quantitative Reasoning	
MATH 103	Elementary Statistics	
MATH 104	College Mathematics with Applications	
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

Cumulative Degree GPA: 2.0 minimum

Course	Title	Credits
Year 1		
Fall Semester		
UWP 101	First Year Seminar: Natural and Health Sciences	1
ENGL 100	Fundamentals of English	3
MATH 111	College Algebra I	5
KSP 100	Introduction to Kinesiology and Sport Performance	1
PE 150 or PE 161	Weight Training or Speed, Power, and Agility Training	1
HLTH 270	Lifetime Wellness	3
General Education (HU)		3
Credits		17
Spring Semester		
ENGL 101	Composition and Reading	3
KSP 110	Essentials of Human Anatomy and Physiology	5

PE 161 or PE 150	Speed, Power, and Agility Training or Weight Training	1
HLTH 280	Nutrition for Wellness	3
General Education (HU)		3
Credits		15
Total Credits		32

Course	Title	Credits
Year 2		
Fall Semester		
KSP 306	Motor Learning and Development	3
General Education (HU)		3
General Education (SS)		3
General Education (SS)		3
General Elective		3
Credits		15
Spring Semester		
KSP 330	Sport and Exercise Biomechanics	4
HLTH 250	First Aid and Safety	3
General Education (NS)		3
General Education (SS)		3
General Education (HU)		3
Credits		16
Total Credits		31

Course	Title	Credits
Year 3		
Fall Semester		
KSP 310	Measurement and Evaluation in Sport and Exercise	3
KSP 340	Sport and Exercise Physiology	4
KSP 320	Sport and Exercise Psychology	3
General Education (NS)		3
Introductory Language		4
Credits		17
Spring Semester		
KSP 350	Research Methods in Kinesiology and Sport Performance	3
KSP 325	Exercise Leadership and Management	3
KSP Elective		3
KSP Elective		3
Introductory Language		4
Credits		16
Total Credits		33

Course	Title	Credits
Year 4		
Fall Semester		
KSP 415	Scientific Principles of Human Performance	4
KSP Elective		3
KSP Elective		3
General Education (NS)		3
Credits		13
Spring Semester		
KSP 425	Program Design for Athletic Development and Training	3
KSP 480	Senior Seminar in Kinesiology and Sport Performance	1
KSP 498	Fieldwork in Kinesiology and Sport Performance	1-3
General Elective OR DV course (if needed)		3
General Elective		3
Credits		11-13
Total Credits		24-26