

KINESIOLOGY AND SPORT PERFORMANCE MINOR

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

College: College of Natural & Health Sciences

A minor in kinesiology and sport performance allows students to develop knowledge of the basics of the kinesiology and sport performance field including biomechanics and physiology.

1. Understand and apply scientific principles related to different areas of kinesiology and sport performance.
2. Promote and evaluate formation of health habits and implementation of safety procedures related to Kinesiology and sport performance for different populations.
3. Analyze and assess different human movement and performance domains of kinesiology and sport performance.
4. Plan, implement and evaluate teaching learning programs and prescription/training program related to kinesiology and sport performance.
5. Demonstrate professional communication skills related to kinesiology and sport performance.
6. Demonstrate effective critical thinking skills related to kinesiology, sport, fitness, and health practices.
7. Act as socially responsible professional in relation to the industry.

Program-Specific Policies

Students who earn a kinesiology and sport performance major cannot also receive a minor in kinesiology and sport performance. Students who wish to pursue the kinesiology and sport performance minor should utilize MATH 104 College Mathematics with Applications to satisfy the computational skill requirement.

Requirements for the Kinesiology and Sport Performance Minor

To receive the kinesiology and sport performance minor, students must complete the following:

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

Code	Title	Credits
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 Courses		
HLTH 280	Nutrition for Wellness	3
KSP 306 or KSP 320	Motor Learning and Development Sport and Exercise Psychology	3
KSP 330	Sport and Exercise Biomechanics	4

KSP 340	Sport and Exercise Physiology	4
Elective courses		6
KSP 300	Advanced Sport and Exercise Nutrition	
KSP 306 or KSP 320	Motor Learning and Development ¹ Sport and Exercise Psychology	
KSP 410	Fitness Assessment and Exercise Prescription	
KSP 415	Scientific Principles of Human Performance	
KSP 426	Functional Anatomy for Human Performance	
KSP 435	Kinesiology and Sport for Special Populations	
Total Credits		25-30

¹ Whichever course is not used as the required course can be chosen as an elective.

University Requirements for Minors

Course work in the minor must be completed with the minimum GPA as specified by the department or program under which the minor falls, usually a 2.00 on a 4.00 scale, but higher in some programs. Transfer students must attain the minimum specified GPA on a combination of transfer credits accepted toward the minor and credits attempted at UW-Parkside.

At least half of the course work required for a minor must be completed at UW-Parkside.