

KINESIOLOGY, B.S.

UNC Greensboro's nationally ranked Kinesiology program opens doors to careers in physical therapy, athletic training, occupational therapy, physician's assistant, medicine, sport psychology, fitness leadership, sport performance, sport coaching, biomechanics, kinesiology research, and much more. The major provides students with classroom and clinical experiences to build skills for future study and work in various allied health fields.

Students learn from faculty renowned for their teaching and research. Faculty are passionate about providing a world-class learning environment and are highly funded through various grants and initiatives. The faculty's ultimate goal is to teach, study, and promote health and wellness across the lifespan through physical activity.

Exercise Specialist (ES) Concentration: The Exercise Specialist concentration is designed for students interested in fitness instruction, strength training and conditioning, sports coaching, and wellness coaching. It prepares students for multiple disciplinary-related certification exams required for strength training and conditioning positions at the Division I and professional levels (e.g., the National Strength and Conditioning Association's Certified Strength Conditioning Specialist exam and the American College of Sports Medicine Certified Exercise Physiologist exam). The concentration will also ready students interested in Master's and Ph.D. graduate programs in areas related to health, wellness, and physical activity (e.g., exercise physiology, physical activity pedagogy, and sport and exercise psychology).

Sports Medicine and Movement Science (SMMS) Concentration: The Sports Medicine and Movement Science concentration is tailored to students pursuing careers in allied health professions, including physical therapy, athletic training, occupational therapy, and medicine (e.g., medical school, dental school, pharmacy school). The concentration's curriculum also prepares students interested in Master's and Ph.D. graduate studies in movement science areas (e.g., motor behavior, neuromechanics, biomechanics).

Student Learning Goals

1. Students completing this program will demonstrate a basic knowledge of anatomy.
2. Students completing this program will demonstrate a basic knowledge of biomechanics.
3. Students completing this program will demonstrate a basic knowledge of exercise physiology.
4. Students completing this program will demonstrate a basic knowledge of the sociohistorical foundations of Kinesiology.
5. Students completing this program will demonstrate a basic knowledge of human development over the lifespan.
6. Students completing this program will apply the basic scientific theories and principles that serve as a foundation for the allied health and medical professions.
7. Students completing this program will demonstrate a basic knowledge of the structure and function of the human body and the stresses associated with movement, exercise, and the demands of various physical activities.
8. Students completing this program will demonstrate a basic knowledge of the prevention, care, and treatment of injuries and illnesses that commonly occur in physical activity.

Minimum Grade

To qualify for graduation in the Kinesiology major, all majors must achieve a minimum grade of C (2.0) in each required course with a KIN prefix (including activity courses, internships, and other non-core KIN courses) and maintain a minimum GPA of 2.50 in the major.

Minimum Semester Hours

To graduate, all majors must obtain at least 36 credits in courses at the 300 level or above.

Re-entry

Students in this major who do not graduate within seven years or who leave school and later re-enter are held for the current program requirements at the time of crossing from the seventh to the eighth year, or are held to the current program requirements during the year of re-entry.

Appeals

Appeals of any of these requirements must be filed with the appropriate departmental committee within one academic year.

Overall Requirements

- 120 credit hours, to include at least 36 credits at or above the 300 course level.
- All KIN courses must be completed with a grade of C (2.0) or higher.

Degree Program Requirements

Code	Title	Credit Hours
	University Requirements (https://catalog.uncg.edu/academic-regulations-policies/undergraduate-requirements/undergraduate-degrees-and-degree-requirements/)	
	General Education Requirements - Minerva's Academic Curriculum (MAC) (https://catalog.uncg.edu/academic-regulations-policies/undergraduate-requirements/general-education-program/)	

Major Requirements

Code	Title	Credit Hours
Kinesiology Core		37
KIN 220	Lifetime Wellness	
KIN 250	Introduction to Kinesiology	
KIN 265	Strength Training and/or Conditioning	
KIN 289	Introduction to Kinesiological Sciences	
KIN 330	Critical Analyses for a Physically Active Society	
KIN 353	Injuries and Illnesses in Physical Activity	
KIN 370	Assessment and Evaluation in Kinesiology	
KIN 375	Physiology of Sport and Physical Activity	
KIN 376	Biomechanics of Sport and Physical Activity	
KIN 379	Instructional Methods of Physical Activity	
KIN 386	Motor Control and Learning	
KIN 388	Psychology of Physical Activity	
Activity Courses *		4
<i>Select four of the following courses:</i>		
KIN 101	Beginning Volleyball	
KIN 104	Beginning Basketball	

KIN 106	Beginning Soccer
KIN 110	Ultimate
KIN 115	Disc Golf
KIN 130	Weight Training
KIN 131	Fitness Walking and Jogging
KIN 135	Fitness Running
KIN 140	Flag Football
KIN 150	Swimming for Non-Swimmers
KIN 151	Beginning Swimming
KIN 171	Beginning Badminton
KIN 175	Beginning Tennis
KIN 180	Rock Climbing
KIN 201	Intermediate Volleyball
KIN 203	Fitness Swim
KIN 204	Intermediate Basketball
KIN 206	Intermediate Soccer
KIN 214	Sports Performance: Racquet Sports
KIN 252	Low Intermediate Swimming
KIN 263 & 263L	Basic SCUBA and Skin and SCUBA Diving Lab
KIN 264	Advanced SCUBA
KIN 271	Intermediate Badminton
KIN 272	Tae Kwon Do

Related Area Requirements ** 31

BIO 111 & 111L	Principles of Biology I and Principles of Biology I Laboratory
CHE 111 & CHE 112	General Chemistry I and General Chemistry I Laboratory
CST 105	Introduction to Communication Studies
HEA 113	Medical Terminology for Public Health Professionals
KIN 291 & 291L	Clinical Human Anatomy and Clinical Human Anatomy Laboratory
or BIO 271 & 271L	Human Anatomy and Human Anatomy Laboratory
KIN 292 & 292L	Clinical Human Physiology and Clinical Human Physiology Laboratory
or BIO 277 & 277L	Human Physiology and Human Physiology Laboratory
NTR 213	Introductory Nutrition
PSY 121	General Psychology
STA 108	Elementary Introduction to Probability and Statistics

* Four Activity courses must be completed with a grade of C (2.0) or higher. A maximum of two Activity courses may be taken in the same semester. Activity courses which are sequential-e.g., beginner, intermediate, advanced- may not be taken concurrently. Once a course has been successfully completed, a student may not enroll in a lower level course for the same activity. A maximum of two DCE courses may be substituted for Activity courses provided the DCE courses are officially listed by the University as STU courses (identified as Studio Schedule Type on the Course Schedule).

**A minimum of 3 credits of anatomy and 3 credits of physiology is required. Anatomy/physiology combined courses must be at least 6 credits to count as both anatomy and physiology. Students may take multiple levels of

combined anatomy and physiology courses (A&P I and A&P II) in order to achieve the minimum 6 credits.

Concentration

Select one of the concentrations as detailed following the major requirements.

- Exercise Specialist
- Sports Medicine and Movement Science (SMMS)

Electives

Electives sufficient to complete total 120 credit hours required for degree.

Exercise Specialist Concentration Requirements

Code	Title	Credit Hours
Required		21
KIN 466	Practicum in the HOPE Program	
or KIN 496	Kinesiology Internship	
KIN 468	Exercise Testing and Prescription	
KIN 469	Exercise Testing and Prescription in Special Populations	
KIN 470	Development and Implementation of Fitness Programs	
KIN 471	Internship Preparation in Kinesiology	

Select 6 additional credits of KIN electives at the 200-level or above *

* Excluding 1-credit Activity courses.

Sports Medicine & Movement Science Concentration Requirements

Code	Title	Credit Hours
Required		16
KIN 423	Detection and Correction of Pathological Movement Patterns	
KIN 441	Foundational Skills in Sports Medicine	
PHY 211 & 211L	General Physics I and General Physics Lab I	

Select 6 additional credits of KIN electives at the 200-level or above *

* Excluding 1-credit Activity courses.

Disciplinary Honors in Kinesiology Requirements

- A minimum of 12 credit hours as defined below.
- A grade of at least B in all course work used to satisfy the Honors requirement in Kinesiology
- UNC Greensboro cumulative GPA of 3.30 or better or, for transfer students, cumulative GPA of 3.30 or better from all prior institutions.

Code	Title	Credit Hours
Required		3
HSS 490	Senior Honors Project	
Select 9 credits of KIN Honors courses *		9

* 6 credits of which must be at the 300-level or above.

Recognition

Receive a Certificate of Disciplinary Honors in Kinesiology; have that accomplishment, along with the title of the Senior Honors Project, noted on the official transcript; and be recognized at a banquet held at the end of the spring semester.

Honors Advisor

Contact Diane Gill (336-334-4683) at dlgill@uncg.edu, for further information and guidance about Honors in Kinesiology.

To apply: <https://honorscollege.uncg.edu/lloyd-international-honors-college/academics/admissions-scholarships/disciplinary-honors-admissions/>.