

Requirements for Program

The Department of Kinesiology and Health Promotion offers undergraduate courses and degree programs in kinesiology and health education. The kinesiology program (exercise science option) leads to employment opportunities in the athletics, sports and fitness industries, as well as professional programs in health fields such as Physical Therapy, Physicians Assistant, Occupational Therapy, Medicine, Dentistry, and Pharmacy. The kinesiology program is guided by the standards of the National Association for Sport and Physical Education (NASPE).

The B.S. in Kinesiology requires completion of: (1) the UK Core requirements; (2) specified course work in program related studies, professional kinesiology requirements, education course requirements; (3) practicum internship hours; and (4) specified course work in exercise science.

Continuous Assessment

- The kinesiology program stimulates higher performance goals for high-performing students by offering several modes of performance: (a) skills in performing physical activities; (b) skills in writing and oral presentations in theory courses; (c) computer technological skills in some courses; and (d) leadership skills by high-performing students are often used in classes through class leaders, peer tutors, and/or assistant instructors.
- Students must maintain a 2.0 GPA for retention in and exit from the program with a bachelor's degree. Students who demonstrate a lack of commitment, effort, professional behavior, knowledge, or disciplinary skills, or who have not maintained the necessary GPA overall and in the major courses may be removed from the program and the college.

UK Core Requirements

See the *UK Core* section of the 2018-2019 Undergraduate Bulletin for the complete UK Core requirements. The courses listed below are (a) recommended by the college, or (b) required courses that also fulfill UK Core areas. Students should work closely with their advisor to complete the UK Core requirements.

I. Intellectual Inquiry in Arts and Creativity

Choose one course from approved list 3

II. Intellectual Inquiry in the Humanities

Choose one course from approved list 3

III. Intellectual Inquiry in the Social Sciences

PSY 100 Introduction to Psychology 4

IV. Intellectual Inquiry in the Natural, Physical, and Mathematical Sciences

BIO 103 Basic Ideas of Biology 3

V. Composition and Communication I

CIS/WRD 110 Composition and Communication I 3

VI. Composition and Communication II

CIS/WRD 111 Composition and Communication II 3

VII. Quantitative Foundations

Choose one course from approved list 3

VIII. Statistical Inferential Reasoning

STA 210 Making Sense of Uncertainty:
An Introduction to Statistical Reasoning 3

IX. Community, Culture and Citizenship in the USA

Choose one course from approved list 3

X. Global Dynamics

Choose one course from approved list 3

UK Core hours **31**

Graduation Composition and Communication Requirement (GCCR)

KHP 300 Psychology and Sociology of Physical Education and Sport 3

Graduation Composition and Communication Requirement hours (GCCR)

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Premajor Requirements

- All students who declare exercise science as their major will be accepted with pre-major status.
- All exercise science students will be required to take ANA 209 or ANA 109; MA 109 or math ACT score of 25 or above; CHE 104 or CHE 105; PHY 211 or PHY 231 taken within first 45 credit hours to be admitted to major courses (i.e., 400/500 level). At 45 hours, students will have to have taken the courses listed above and have a 2.0 cumulative grade-point average (GPA) to enroll in 400/500 level KHP courses (listed below).
- Specific upper division level courses will be restricted so that only students who have been granted major status, graduate students, and students required to take the restricted courses as part of other University certificates, minors, and programs (e.g., Nutrition for Human Performance Certificate) will be allowed to enroll in those courses. The restricted classes are KHP 415, KHP 420G, KHP 445, KHP 450, KHP 473 and KHP 577.
- A 3-person appeals committee of Exercise Science faculty will be established to determine standards for accepting students who may have extenuating circumstances and evaluate appeals to remain in the Program if students do not meet minimum major requirements. In addition, the Appeals Committee will review applications and transcripts of students transferring to the Exercise Science major (non-teacher education major). Transfer students will be required to complete the following courses (ANA 209 or ANA 109; MA 109 or math ACT score of 25 or above; CHE 104 or 105; PHY 211 or PHY 231) and maintain a cumulative 2.0 GPA prior to obtaining major status and thus being able to register in KHP 415, KHP 420G, KHP 445, KHP 450, KHP 473 and KHP 577. Transfer students may complete the equivalent of the required courses at another academic institution and must submit the syllabi of those courses to the Appeals Committee. The 45 credit hour requirement does not apply to transfer students.
- Students will complete a brief application form to be accepted into the major. Students who meet all premajor requirements will be admitted to the major, pending verification. Forms will be submitted to their assigned advisor. The KHP advisors in the College of Education will be responsible for reviewing students' transcripts to determine if students have achieved major status.
- Once admitted to major status, students will be required to maintain a 2.0 cumulative GPA. Students whose cumulative GPA falls below 2.0 or who have two consecutive term GPA's below 2.0 will be placed on academic probation by currently existing university rules. A student who is placed on academic probation will retain major status (and be able to enroll in restricted courses) for one semester. If the student's cumulative GPA does not raise to 2.0 after one semester, the student will be removed from major status (thus not able to enroll in the restricted courses). Students who are placed on academic probation may take other University or unrestricted KHP courses to raise their GPA to 2.0 or higher and re-apply to obtain major status. In the case of academic probation due to an insufficient GPA, the process will involve the KHP Advisor notifying the Program Director which students do not meet the minimum cumulative GPA requirement (2.0). The Program Director will contact the student and notify him/her of their probationary status. The student may appeal the probationary major course restriction by meeting with the Appeals Committee to state their case. Following this meeting the Appeals Committee will provide a written decision for the student.

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University of Kentucky is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate, baccalaureate, masters, and doctorate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or online at www.sacscoc.org for questions about the accreditation of University of Kentucky.

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7. After admittance to the program, students not only must maintain a 2.0 cumulative GPA, they must continue to exhibit desirable professional characteristics to remain in the program. Students who demonstrate a lack of commitment, effort, professional behavior, and knowledge may be removed from the program until these characteristics are demonstrated.

Premajor Requirements

ANA 109 Anatomy and Physiology for Nursing I	
or	
ANA 209 Principles of Human Anatomy	3-4
CHE 104 Introductory General Chemistry	
or	
CHE 105 General College Chemistry I	3-4
*MA 109 College Algebra	3
PHY 211 General Physics	
or	
PHY 231 General University Physics	4-5
Premajor Hours:	13-16

*Or MA ACT score of 25 or above.

Program Related Studies

BIO 103 Basic Ideas of Biology	
or	
BIO 148 Introductory Biology I	3
PGY 206 Elementary Physiology	
<i>(for students who have completed ANA 209)</i>	
or	
ANA 110 Anatomy and Physiology for Nursing II	
<i>(for students who have completed ANA 109)</i>	3-4
DHN 101 Human Nutrition and Wellness	3
PSY 100 Introduction to Psychology	4
PSY 223 Developmental Psychology	3
STA 210 Making Sense of Uncertainty: An Introduction to Statistical Reasoning	
or	
STA 296 Statistical Methods and Motivations	3
KHP 120 Service Course (Weight Training)	1
Program Related Studies Hours:	20-21

Professional Kinesiology Requirements

KHP 190 First Aid and Emergency Care	2
KHP 200 The History and Philosophy of Physical Education and Sport	3
KHP 210 Introduction to Fitness (Subtitle required)	2
KHP 230 Human Health and Wellness	3
KHP 240 Nutrition and Physical Fitness	3
KHP 300 Psychology and Sociology of Physical Education and Sport	3
KHP 350 Strength and Conditioning for Sports	3
KHP 415 Biomechanics of Human Movement	4
KHP 420G Physiology of Exercise	3
KHP 445 Introduction to Tests and Measurements	3
KHP 450 Introduction to Exercise Testing and Prescription	3
KHP 473 Management of Sport	3

Professional Kinesiology Hours: **35**

Exercise Science Courses

CHE 107 General College Chemistry II	
<i>(for students who have completed CHE 105)</i>	
or	
CHE 108 Introduction to Inorganic, Organic and Biochemistry without Laboratory	
<i>(for students who have completed CHE 104)</i>	3
KHP 577 Practicum in Kinesiology and Health Promotion	6
KHP 340 Athletic Training	2

plus 10 credit hours of Exercise Science electives chosen from the following:

ABT 360, BIO 148 (cannot be counted as an elective if already taken in the Program Related Studies), BIO 152, BIO 155, BIO 208, BIO 209, BSC 331, CHE 111, CHE 113, CHE 230, CHE 231, CLA 131, CPH 201, CPH 365, CS 115, KHP 157, KHP 220, KHP 222, KHP 250, KHP 260, KHP 319, PHI 305, PHY 213, and SOC 255.

Exercise Science Hours: **21**

Electives

Choose electives with the help of an advisor for 120 total credit hours.

TOTAL HOURS **120**