

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

1. 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.
2. 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 2017-2018 *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) 3

Program Related Course Requirements (20 hours)

ANA 209 Principles of Human Anatomy 3

PGY 206 Elementary Physiology 3

DHN 101 Human Nutrition and Wellness 3

PSY 100 Introduction to Psychology 4

BIO 103 Basic Ideas of Biology

or

BIO 148 Introductory Biology I 3

PSY 223 Developmental Psychology 3

KHP 120 Service Course (Weight Training) 1

Professional Kinesiology Requirements (35 hours)

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

Exercise Science Courses (23-24 hours plus electives)

CHE 104 Introductory General Chemistry

or

CHE 105 General College Chemistry I 3-4

CHE 107 General College Chemistry II

or

CHE 108 Introduction to Inorganic, Organic
and Biochemistry without Laboratory 3

KHP 577 Practicum in Kinesiology and Health Promotion 6

KHP 340 Athletic Training 2

PGY 412G Principles of Human Physiology Lectures 4

PHY 211 General Physics 5

Electives to total 120 credit hours chosen from the following courses:

ABT 360, BIO 148, BIO 152, BIO 153, BIO 155, BIO 208, BIO 209, BSC 331, CHE 230,

CHE 231, CLA 131, CPH 201, CPH 365 (subtitle required: Society and Aging), CS 115,

KHP 157, KHP 250, KHP 260, KHP 319, PHI 305, PHY 213, and SOC 350 (subtitle

required: Health and Med in Social Context).

TOTAL HOURS 120

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.