

**Department of Kinesiology  
Exercise and Movement Science Option  
Course Completion Checklist**

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_ Date \_\_\_\_\_

**Credits**

**General Education Requirements and Liberal Studies**

**40**

General Education Requirements

_____	Communication Part A or exempt	2-3
_____	Communication Part B (Fulfilled by completion of courses under Exercise and Movement Science)	3
_____	Quantitative Reasoning Part A or exempt (Math 114)	3
_____	Quantitative Reasoning Part B or exempt (Math 211)	3

Liberal Studies Requirements - For detailed information, see the Liberal Studies Requirements handout from School of Education (SOE) Academic Services. ***Courses taken from SOE departments may not be used to satisfy the Liberal Studies requirements.***

_____	Humanities/Literature/Arts (includes foreign language)	9
_____	Social Studies (to include Psych 201 or 202 or 281)	9
_____	Sciences (fulfilled by completion of courses under Science Core)	
_____	Ethnic Studies Requirement	3

Electives (additional course work to bring total to 40 credits)

**Science Core**

**43-44**

_____	Chem 103	General Chemistry	4
_____	Chem 104	General Chemistry	5
_____	Zoology 101	Animal Biology	3
_____	Zoology 102	Animal Biology Laboratory	2
_____	Psych 202	Introduction to Psychology	3
_____	Physics 103	General Physics	4
_____	Physics 104	General Physics	4
_____	Anatomy 328	Human Anatomy	3
_____	Anatomy 329	Human Anatomy Kinesiology	2
_____	Math 211 or 221	Calculus & Related Topics (QR-B)	5
_____	Physiol 335	Physiology	5
_____	Stats 371	Principles of Statistics I (QR-B)	
_____	<b>or</b>	<b>or</b>	3-4
_____	Psych 210	Psychometric Methods (QR- B)	

**Kinesiology Core: Complete all of the following courses (Pre-reqs)**

**21-23**

_____	Kines 119	Introduction to Kinesiology	2
_____	Kines 300	Practicum in Kinesiology* (Kines 314)	3
		Practicum is usually taken during one of the last two semesters. It involves 6 hours/week of work in a research laboratory or field setting. The site is selected in consultation with the Practicum Coordinator.	
_____	Kines 314	Physiology of Exercise (Physiol 335)	4
_____	Kines 318	Intro to Biomechanics (Anat 328/329)	3
_____	Kines 330	Research in Kinesiology (Statistics recommended)	3
_____	Kines 350	Intro to Exercise Psychology (Psych 201 or 202)	3
_____	Kines 361	Motor Learning & Performance	3
_____	Kines 116	First Aid/CPR or Certification*	0-2

\*If certification is from an outside agency, students must deliver a *photocopy of the front & back* of the certification cards to the Undergrad Office (1013 Gym-Nat). Certification must be valid during all or part of the time a student is a Kinesiology major. Red Cross First Aid plus Red Cross Professional Rescuer for HealthCare Providers are the recommended courses.

<b>Exercise and Movement Science Option (Select ≥12 credits from the following) (pre-reqs)</b>			<b>Credits</b>
			<b>12</b>
_____	Kines 325	Discipline and Behavior Management	3
_____	Kines 360	Introduction to Motor Development (Spring only)	3
_____	Kines 501	Health Information for Teachers	3
_____	Kines 427	Fitness Testing and Exercise Prescription (Phys 335) (spring only)	3
_____	Kines 525	Nutrition for Exercise and Sport (Kines 314)	3
_____	Kines 527	Principles of Strength and Conditioning (Kines 314) (Kines 427) (fall only)	3
_____	Kines 508	Theories and Strategies for Behavior Change (summer only)	3
_____	Kines 523	Clinical Exercise Testing and Training (Kines 314) (spring only)	3
_____	Kines 531	Neural Control of Movement (Anat 328/29) (spring only)	3
_____	Kines 614	Biological Factors Influencing Exercise Performance (Kines 314) (spring only)	3
_____	Kines 615	Lab Techniques in Exercise Physiology (Kines 314)(fall only)	2
_____	Kines 618	Biomechanics (Kines 318) (fall even yrs)	2-3
_____	Kines 700	Psychological Effects of Exercise (Kines 350) (spring even yrs)	3
<b>Choose only one of the following courses: (These courses meet the Comm B requirement.)</b>			<b>3</b>
_____	Kines 516	Physical Activity for Diverse Abilities (Anat 328/329) (fall only)	3
_____	Kines 355	Socio-Cultural Aspects of Physical Activity (fall & spring)	3
_____	Kines 521	Physical Activity & Health (Kines 314) (fall only)	3
_____	Kines 600	Advanced Exercise Psychology (Kines 350) (fall only)	3

**Electives to bring total credits to 120: (Courses selected to support each student's career goals)** Kinesiology courses not taken to fulfill advanced kinesiology course work, including approved graduate Kinesiology courses not listed above can be used to meet this requirement.

#### Some other Course Suggestions

Many post-baccalaureate programs require or strongly recommend other courses that may not be required for the UW Kinesiology degree. You may enroll in these courses as an undergraduate and these courses will count toward your 120-credit graduation requirement.

<b>Career Interest</b>	<b>Some programs may recommend:</b>
Physical Therapy	Abnormal Psychology Developmental Psychology
Medicine	Organic Chemistry Biochemistry Advanced Biology with Laboratory
Physician's Assistant	Organic Chemistry Biochemistry Microbiology

#### Suggested Sequence

<b>Semester 5 - Fall</b>		<b>15-16</b>	<b>Semester 6 - Spring</b>		<b>15-16 cr</b>
<i>Anatomy 328/329</i>	<i>Anatomy</i>	5	Kines 314	Physiology of Exercise	4
Kines 330 <b>or</b> 361	Research in Kinesiology <b>or</b> Motor Learning & Performance	2-3	Kines 330 <b>or</b> 361	Research in Kinesiology <b>or</b> Motor Learning & Performance	2-3
Physiology 335	Physiology	5	Kines 350	Intro to Exercise Psychology	3
Electives		3	EMS Course Work		3
			Electives		3
<b>Semester 7 - Fall</b>		<b>15 cr</b>	<b>Semester 8 - Spring</b>		<b>15 cr</b>
Kines 318 <b>or</b> 300	Intro to Biomechanics <b>or</b> Practicum in Kinesiology	3	Kines 318 <b>or</b> 300	Intro to Biomechanics <b>or</b> Practicum in Kinesiology	3
Select one: <i>Kines 516, 355, 521, or 600</i>		3	EMS Course Work		6-9
EMS Course Work		3-6	Electives		3-6
Electives		3-6			