KINESIOLOGY MAJOR

Program Director: Polly Sebastian Schurer

The Department of Kinesiology offers a Bachelor of Science Degree. Students gain conceptual and experiential knowledge in the anatomical, physiological, psychological, sociological, and historical perspectives on physical activity, movement, exercise and sport. Our undergraduates majoring in Kinesiology will go on to further study in health professions (such as physical therapy, occupational therapy, medicine), sport-related professions (athletic training, strength and conditioning, sport management, sport marketing, coaching), fitness-related professions (exercise leader, personal trainer) and other public health and physical activity-related careers (physical education, recreation). Our students are prepared to pursue graduate programs in Kinesiology and related fields. We offer a vibrant departmental Honors Program to students who excel in our program and seek research experience.

A brief description of the program follows. Students should obtain a current Student Handbook for the Kinesiology degree on the web at https://sph.umd.edu/academics/departments-units/department-kinesiology. The program requires a grade of "C-" or better in all required course-work.

Program Learning Outcomes

At the completion of the B.S. degree in Kinesiology, students should demonstrate the following outcomes:

1. Students will connect relevant theories and methods within kinesiology to evaluate research in the field.
2. Students will describe how backgrounds and experiences connect with physical activity across diverse populations.
3. Students will communicate the relationship between kinesiology and the goals of public health.
4. Students will apply knowledge of kinesiology to human movement, including their own physical activity.
5. Students will apply principles of kinesiology to human health and disease across the lifespan.
6. Students will understand the historical and current impact of discrimination to identify anti-racist and anti-bias practices which promote health equity and social justice in kinesiology.

REQUIREMENTS

The Kinesiology program offers students the opportunity to study the interdisciplinary body of knowledge related to human physical activity and sport, and to pursue specific specializations so that each individual can prepare for a particular career goal within the broad discipline. To complete the Kinesiology degree a minimum of 120 credits is required, including the general education program.

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<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BSCI170</td>
<td>Principles of Molecular &amp; Cellular Biology</td>
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<tr>
<td>BSCI1171</td>
<td>and Principles of Molecular &amp; Cellular Biology</td>
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<tr>
<td>BSCI1201</td>
<td>Human Anatomy and Physiology I</td>
<td>4</td>
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<tr>
<td>BSCI202</td>
<td>Human Anatomy and Physiology II</td>
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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>MATH113</td>
<td>College Algebra and Trigonometry (or higher level MATH course)</td>
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<tr>
<td>MATH/STAT</td>
<td>Statistics Course</td>
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**Foundation Courses**

- SPHL100 Foundations of Public Health 3
- KNES200 Introduction to Kinesiology 3

**KNES Core Requirements**

- KNES285 History of Physical Culture, Sport, & Science in America 3
- KNES287 Sport and American Society 3
- KNES300 Biomechanics of Human Motion 4
- KNES350 The Psychology of Sports & Exercise 3
- KNES360 Physiology of Exercise 4
- KNES370 Motor Development 3
- KNES385 Motor Control and Learning 4

**KNES Upper Level Option Courses** 15

Select 15 credits of KNES upper level option courses 1

**Physical Activity Courses** 2

- KNES Activity 4 different KNES physical activity courses 4

**Total Credits** 67

1 See handbook or webpage. Note: all Option courses have one or more KNES Core courses as a prerequisite. Prerequisites must be completed with a grade of "C-" or better.

2 See handbook or webpage.

GRADUATION PLANS

Click here (http://sph.umd.edu/content/four-year-plans/) for roadmaps for graduation plans in the School of Public Health.

Additional information on developing a graduation plan can be found on the following pages:

- http://4yearplans.umd.edu
- the Student Academic Success-Degree Completion Policy (https://academiccatalog.umd.edu/undergraduate/registration-academic-requirements-regulations/academic-advising/#success) section of this catalog