

Exercise and Sport Science Major: Kinesiology Emphasis - Bachelor of Science (BS)

Major requirements

(College of Science and Health)

Program admission, retention, and advancement

Students must have a cumulative UWL GPA of 2.50 or higher to declare the exercise and sport science - kinesiology major and achieve a minimum 2.75 UWL resident cumulative and major GPA to graduate. A grade of "C" or better must be earned in all required and elective major courses.

Curriculum

40 credits

Code	Title	Credits
Core		
HPR 105	Creating A Healthy, Active Lifestyle ¹	3
ESS 201	Safety, First Aid and CPR ²	1
ESS 205	Human Anatomy and Physiology for Exercise and Sport Science I ^{3,4}	3
or BIO 312	Human Anatomy and Physiology I	
ESS 206	Human Anatomy and Physiology for Exercise and Sport Science II ^{3,4}	3
or BIO 313	Human Anatomy and Physiology II	
ESS 207	Human Motor Behavior	3
ESS 302	Physiology of Exercise	3
ESS 303	Biomechanics	3
ESS 328	Field Experience in Kinesiology	3
ESS 446	Current Research and Trends in Kinesiology	3
Physical activities		4
To satisfy this requirement take four ESS 100 courses or ESS 116 and two ESS 100 courses.		
ESS 100	Physical Activities	
ESS 116	Water Safety Instruction ²	
Electives		
Select 11 credits from the following:		11
ESS 231	Introduction to Teaching Adapted Physical Education	
ESS 281	Prevention and Care of Athletic Injuries	
ESS 317	Medical Terminology and Documentation	
ESS 323	Nutrition and Sport	
ESS 324	Independent Study in Exercise and Sport Science ^{2,5}	
ESS 328	Field Experience in Kinesiology	
ESS 344	Foundations of Fitness and Clinical Assessment	

ESS 348	Theory of Coaching
ESS 349	Psychology of Coaching Competitive Athletics
ESS 355	Methods of Exercise Leadership
ESS 368	Foundational Exercise Program Design
ESS 383	Clinical Pathology for Kinesiology
ESS 410	Legal Implications of Sport
ESS 431	Fitness Programming for Persons with Disabilities
ESS 443	Fitness Across the Lifespan
ESS 447	Administration in Fitness and Sport
ESS 448	Promotion and Development of Fitness and Sport Programs
ESS 458	Internship in Kinesiology

Total Credits **40**

When choosing anatomy and physiology classes, students should consult with advisors, the Pre-Health Student Resource Center, and graduate programs of interest to them.

Code	Title	Credits
Required prerequisite course that may also fulfill general education		
BIO 105	General Biology	4
or BIO 100	Biology for the Informed Citizen	
or MIC 100	Microbes and Society	

¹ This course may also satisfy a Core General Education Requirement.

² The ESS Department awards credit for prior learning to current UWL students who present a valid and current certification for ESS 116, ESS 201, and ESS 324. See the ESS credit for prior learning policy (<https://catalog.uwlax.edu/undergraduate/exerciseandsportscience/>) for details and list of approved certifications.

³ Students pursuing careers in health professions should complete BIO 312 and BIO 313. BIO 105 and CHM 103 are prerequisites for BIO 312.

⁴ ESS 205 is not open for credit to students who have credit in BIO 312. ESS 206 is not open for credit to students who have credit in BIO 313.

⁵ A maximum of three credits may come from ESS 324.

Degree requirements

All students must complete the general education, college core, major/minor, and university degree requirements to qualify for a degree. All enrolled students have access to a degree audit to track all of these requirements.

- General education (<https://catalog.uwlax.edu/undergraduate/generaleducation/>)
- Baccalaureate degree requirements (p. 1)

Baccalaureate degree requirements

Candidates for the Bachelor of Arts or the Bachelor of Science degrees must accomplish the following:

1. Fulfill the Core General Education Requirements (CGER) (<https://catalog.uwlax.edu/undergraduate/generaleducation/#generaleducationrequirements>).
2. Complete the courses prescribed by the Undergraduate Curriculum Committee for the degree desired in the respective school or college.

3. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA.^{1,2}
4. At least 40 credits must be earned in 300/400 level courses. Transfer courses earned or transferred at the 300/400 level apply to this requirement.
5. Complete major and minor requirements with at least a 2.00 GPA^{1,2} in each major and minor (and concentration or emphasis, if selected).
6. A minimum of 30 semester credits in residence at UWL is required for graduation. (See undergraduate resident requirement (<https://catalog.uwlax.edu/undergraduate/academicpolicies/graduation/#undergraduate-residence-requirement>).)
7. Submit an application for graduation via the "Submit Intent to Graduate" link in the WINGS Student Center as soon as the student has registered for his or her final semester or summer term in residence. December and winter intersession graduates should apply by May 1. May and summer graduates should apply by December 1.

¹ Grade point average requirements for some programs will be considerably higher than 2.00. Re-entering students may be required to earn credits in excess of the 120 needed for graduation in any curriculum to replace credits earned in courses in which the content has changed substantially in recent years. Each case will be judged on its own merit.

² The grade point average recorded at the time the degree is awarded will not be affected by future enrollment.

No degree will be awarded unless all requirements are fulfilled and recorded within 30 days after the official ending date of each term.

Sample degree plan

Below is a sample degree plan that can be used as a guide to identify courses required to fulfill the major and other requirements needed for degree completion. A student's actual degree plan may differ depending on the course of study selected (second major, minor, etc.). Also, this sample plan assumes readiness for each course and/or major plan, and some courses may not be offered every term. Review the course descriptions or the class timetable (<http://www.uwlax.edu/records/registration/>) for course offering information.

The sample degree plans represented in this catalog are intended for first-year students entering UWL in the fall term. Students should use their degree audit and work closely with their advisor(s) and college dean's office to ensure declaration and completion of all requirements in a timely manner.

Core General Education Program

The Core General Education Requirement (CGER) is the common educational experience for all undergraduates at UWL. Sample degree plans include CGER placeholders to ensure completion of the core general education requirements. The CGER category listed in parentheses indicated the recommended course to help complete CGER and the program requirements. Transferred courses may alter the plan. Courses may be rearranged to fit the needs or recommendations of the student's program of study. CGER courses may be taken during winter term (January between the semesters) and summer to reduce the course load during regular terms (fall and spring). Students should consult with their advisor and/or the college academic services director in their college/school for assistance with course and schedule planning. Refer to the Core General Education Requirements ([https://](https://catalog.uwlax.edu/undergraduate/generaleducation/)

catalog.uwlax.edu/undergraduate/generaleducation/) for more specific details.

At least 40 credits of the 120 credits required must be earned at the 300/400-level.

Note: New students and transfer students with less than 12 credits earned are required to take The Eagle Advantage for College Success (UWL 100, 2 cr.) or FYS 100 First-Year Seminar (3 cr.) during one of their first two semesters at UWL.

This sample degree plan does not establish a contractual agreement. It identifies the minimum requirements a student must successfully complete, to qualify for a degree, in a format intended to assist the student in planning their academic career. Actual degree plans may differ.

Sample Plan 1 - students interested in physical therapy career

Year 1

Fall	Credits Spring	Credits
BIO 105 (CGER NSWL-ES Natural Science & Wellness: Experiential Science)	4 CST 110 (CGER CL-SL Communication & Literacy: Spoken Literacy)	3
HPR 105 (CGER NSW-MBP Natural Science & Wellness: Mind, Body, & Planet)	3 CHM 103 (CSH Core - Lab Science)	5
ENG 110 (CGER CL-WL Communication & Literacy: Written Literacy)	3 STAT 145 (CGER MQR-QR Mathematics & Quantitative Reasoning: Quantitative Reasoning)	4
UWL 100 or FYS 100 (CGER SBS-FS Social & Behavioral Science: Social Foundation for Success)	2 CGER HA-PDU Humanities & Arts: Pasts that Define Us	3
CGER HA-AA Humanities & Arts: Arts & Aesthetics	3	
	15	15

Year 2

Fall	Credits Spring	Credits
ESS 207	3 BIO 312	4
ESS 201	1 ESS 100	1
ESS 100	1 Kinesiology Elective	3
CHM 104	5 PHY 103	4
PSY 100 (CGER SBS-BS Social & Behavioral Science: Social & Behavioral Studies)	3 CGER CL-SWT Communication & Literacy: Stories We Tell	3
CSH Core (CS/MTH/STAT see list)	3	
	16	15

Year 3

Fall	Credits Spring	Credits
BIO 313	4 ESS 302	3
ESS 303	3 Kinesiology Elective	3
ESS 100	1 Kinesiology Elective	2
PHY 104	4 ESS 100	1
CGER CP-CU Civics & Perspective: Communities of the United States	3 CSH Core or Minor ¹	3
	CSH Core (300/400 not ESS) or Minor	3
	15	15

Year 4		
Fall	Credits Spring	Credits
ESS 328	3 ESS 100	1
ESS 446	3 CGER CP-CW Civics & Perspective: Cultures of Our World	3
PSY 204 or 212	3 Kinesiology Elective	3
CSH Core (300/400 not ESS) or Minor	3 CSH Core (300/400 not ESS) or Minor	3
CSH Core (300/400 not ESS) or Minor ¹	3 CSH Core or Minor ¹	3
	University Elective	1
	15	14

Total Credits: 120

¹ See CSH BS Core Requirements (<https://catalog.uwlax.edu/undergraduate/scienceandhealth/#bs-core>) for information on completing the individualized option. 300/400 requirements for graduation may be impacted.

Sample Plan 2 - students interested in fitness career path

Year 1		
Fall	Credits Spring	Credits
BIO 100 or MIC 100 (CGER NSWL-ES Natural Science & Wellness: Experiential Science)	4 CST 110 (CGER CL-SL Communication & Literacy: Spoken Literacy)	3
HPR 105 (CGER NSW-MBP Natural Science & Wellness: Mind, Body, & Planet)	3 ESS 205 (CSH Core)	3
ENG 110 (CGER CL-WL Communication & Literacy: Written Literacy)	3 ESS 201	1
UWL 100 or FYS 100 (CGER SBS-FS Social & Behavioral Science: Social Foundation for Success)	2 STAT 145 (CGER MQR-QR Mathematics & Quantitative Reasoning: Quantitative Reasoning)	4
CGER HA-AA Humanities & Arts: Arts & Aesthetics	3 CGER CL-SWT Communication & Literacy: Stories We Tell	3
	15	14

Year 2		
Fall	Credits Spring	Credits
ESS 206	3 ESS 302	3
ESS 207	3 ESS 303	3
ESS 100	1 ESS 100	1
CGER SBS-BS Social & Behavioral Science: Social & Behavioral Studies	3 Kinesiology Elective	3
CSH Core (CS/MTH/STAT see list)	4 CGER HA-PDU Humanities & Arts: Past that Define Us	3
	University Elective	2
	14	15

Year 3		
Fall	Credits Spring	Credits
ESS 328	3 ESS 446	3
Kinesiology Elective	3 ESS 100	1
CGER CP-CW Civics & Perspective: Cultures of Our World	3 Kinesiology Elective	3

CSH Core (300/400 not ESS) or Minor	3 CGER CP-CU Civics & Perspective: Communities of the United States	3
CSH Core or Minor ¹	3 CSH Core or Minor ¹	3
	University Elective	3
	15	16

Year 4		
Fall	Credits Spring	Credits
Kinesiology Elective	2 CSH Core (300/400 not ESS) or Minor	3
ESS 100	1 University Elective	3
CSH Core (300/400 not ESS) or Minor	3 University Elective	3
CSH Core (300/400 not ESS) or Minor	3 University Elective	3
University Elective	3 University Elective	4
University Elective	3	
	15	16

Total Credits: 120

¹ See CSH BS Core Requirements (<https://catalog.uwlax.edu/undergraduate/scienceandhealth/#bs-core>) for information on completing the individualized option. 300/400 requirements for graduation may be impacted.