EXERCISE SCIENCE, COMPREHENSIVE MAJOR

(Code 996-001)

University Requirements

GRADUATION REQUIREMENTS FOR BACCALAUREATE DEGREE

Credit Requirements	
Minimum total for graduation [1]	120
Upper division credits (courses numbered 300 and higher)	39
Liberal Education Core (http://catalog.uwec.edu/undergraduate/graduation-requirements/#header1)	36
Academic Concentrations (http://catalog.uwec.edu/undergraduate/graduation-requirements/#header16)	
Grade Point Requirements (http://catalog.uwec.edu/undergraduate/graduation-requirements/#header14) [2]	
Total	2.00 average
Resident	2.00 average
Major	2.00 average
Minor	2.00 average
Certificate	2.00 average
University Residency Requirements (http://catalog.uwec.edu/undergraduate/graduation-requirements/#header15)	
Minimum total	30
Senior year	23
Major, Standard, upper division in residence	12
Major, Comprehensive, upper division in residence	21
Certificate	25 percent of credits
Procedures Required for Graduation	
Obtain admission to the degree program and/or the College offering it.	
Apply for graduation on CampS.	

[1] Certain programs exceed this minimum.
[2] See special requirements in each College.

Applicability of Credits Toward Graduation

Junior College or Two-Year College Credits. A maximum of 72 semester credits earned in a junior college or two-year college will be accepted as degree credits at UW-Eau Claire.

Extension Credits. Credits earned in credit outreach courses offered by UW-Eau Claire are treated as resident credits. Credits earned in extension courses offered by other units of the University of Wisconsin System are treated as transfer credits. All other (non-UW) extension and correspondence credits are normally limited to one-fourth of the total required for graduation from any curriculum.

WTCS Credits. A maximum of 72 semester credits earned in college parallel programs at Madison Area Technical College, Milwaukee Area Technical College, Nicolet Area Technical College, or Chippewa Valley Technical College may be accepted as degree credits at UW-Eau Claire. A set number of general education courses will be accepted from other technical schools. Occupational and technical courses may also be considered for transfer if the quality and content of the course work from the technical college is judged to be comparable to course work at UW-Eau Claire. Refer to the Transfer Credit Wizard (https://my.uwec.edu/psp/PUBLIC/EMPLOYEE/HRMS/c/EAU_SS_CUSTOM.EAU_TRNCRDWZ.GBL) or contact the UW-Eau Claire Admissions Office for information about the current transfer policy.

USAFI Credit. UW-Eau Claire will accept up to 32 semester credits for work done through the United States Armed Forces Institute, under the provision for non-UW correspondence credit (see Extension Credits above).

Activity Credit (band, chorus, drama, KINS 100-184 courses) Students may count toward graduation no more than one credit of KINS 110-184 courses. Students may count toward graduation no more than four credits earned in any single activity course and no more than 12 credits resulting from any combination of activity courses (excluding KINS 110-184 courses).

Other Restricted Credits. For other University restrictions, see the following: Cooperative Education; Credit by Examination; Satisfactory/Unsatisfactory Registration; Transfer of Credits. College or departmental restrictions may also be placed on Independent Study (399-499 courses), Directed Study (395-495), and other types of credits.

APPLICABILITY OF CREDITS TOWARD GRADUATION	**Credit Restrictions**
Satisfactory/Unsatisfactory	
Total degree credit	maximum 12
Major, Standard	maximum 1 course
Major, Comprehensive	maximum 2 courses
Minor	maximum 1 course
Credit by Examination	
Total degree credit	maximum ¼ of total
Major or minor	maximum ½ of total
Two-Year College Credits	
Total degree credit	maximum 72 credits
Activity credit (band, chorus, drama, KINS 100-184)	
Total KINS 100-184	maximum 1 credit
Total Band, chorus, drama	maximum 12 credits
Single course band, chorus, drama	maximum 4 credits
Extension credits	
UW-System	no maximum
Other extension/correspondence	maximum ¼ of total
USAFI	
USAFI	maximum 32 credits

Liberal Education Core

The University of Wisconsin-Eau Claire measures learning outcomes to ensure that its graduates have achieved a liberal education and prepared themselves

to contribute to a complex society. Upon graduation, each undergraduate will have met the five learning goals of our liberal education core and the 12 learning outcomes they comprise.

LIBERAL EDUCATION CORE REQUIREMENTS	a minimum of 36 credits
Knowledge Goal	
Knowledge Outcome 1 (K1): Natural Sciences (http://catalog.uwec.edu/undergraduate/attribute-k1/)	Two (2) learning experiences
One experience in laboratory science must be selected from either K1 or K2.	
Knowledge Outcome 2 (K2): Social Sciences (http://catalog.uwec.edu/undergraduate/attribute-k2/)	Two (2) learning experiences
One experience in laboratory science must be selected from either K1 or K2.	
Knowledge Outcome 3 (K3): Humanities (http://catalog.uwec.edu/undergraduate/attribute-k3/)	Two (2) learning experiences
Knowledge Outcome 4 (K4): Fine Arts (http://catalog.uwec.edu/undergraduate/attribute-k4/)	One (1) learning experience
Skills Goal	
Skills Outcome 1 (S1): Written and Oral Communication (http://catalog.uwec.edu/undergraduate/attribute-S1/)	Two (2) learning experiences
One S1 must meet the University Writing Requirement (http://catalog.uwec.edu/undergraduate/graduation-requirements/#header10)	
Skills Outcome 2 (S2): Mathematics (http://catalog.uwec.edu/undergraduate/attribute-S2/)	One (1) learning experience
One S2 to meet the University Mathematics Requirement (http://catalog.uwec.edu/undergraduate/graduation-requirements/#header11)	
Skills Outcome 3 (S3): Creativity (http://catalog.uwec.edu/undergraduate/attribute-S3/)	One (1) learning experience
Responsibility Goal	
Responsibility Outcome 1 (R1): Equity, Diversity, and Inclusivity (http://catalog.uwec.edu/undergraduate/attribute-R1/)	Two (2) learning experiences
One R1 must satisfy Design for Diversity (http://catalog.uwec.edu/undergraduate/attribute-DDIV/#header13)	
Responsibility Outcome 2 (R2): Global Perspectives (http://catalog.uwec.edu/undergraduate/attribute-R2/)	One (1) learning experience
Responsibility Outcome 3 (R3): Civic and Environmental Issues (http://catalog.uwec.edu/undergraduate/attribute-R3/)	One (1) learning experience
Integration Goal	
Integration Outcome 1 (I1): Integration (http://catalog.uwec.edu/undergraduate/attribute-I1/)	Two (2) learning experiences
Service-Learning Goal	
Service-Learning (http://catalog.uwec.edu/undergraduate/attribute-SL/#header13)	30 hours

College Degree Requirements

Specific Degree Requirements

Specific requirements for some human science degrees are published in conjunction with the Catalog description of the major leading to the degree, with specific courses required in several Liberal Education outcomes.

Bachelor of Science Degree in the College of Education and Human Sciences

Candidates for the degree of Bachelor of Science from a human sciences department must fulfill the requirements for credits, curriculum, GPA, and University residency as specified in the section of this catalog titled University Graduation Requirements.(see University Graduation Requirements (http://catalog.uwec.edu/undergraduate/graduation-requirements/))

General Information

Placement Tests. The mathematics/foreign language placement tests are given during the orientation periods for new freshmen and transfers. Further information about the foreign language or the mathematics tests is available from the chair of the appropriate department.

Laboratory Science Courses. The following have been designated as fulfilling the requirements for laboratory science courses in the human sciences departments:

Degree Requirements

University Graduation Requirements. All candidates for degrees must fulfill the requirements for credits, curriculum, GPA, and University residency as specified in the section of this catalog titled University Graduation Requirements.

Human Sciences Graduation Requirements: Grade Point Averages. All degree candidates must earn minimum resident and total GPAs of 2.00 or higher in both the major and the second program if one is required. The resident and total GPAs for the major are computed using all attempted credits applicable to the major including those offered by departments other than the major department. The resident and total GPAs for the second program are computed similarly.

Major-Minor and Major-Certificate Requirements. Each candidate for a baccalaureate degree must present one of the following:

- Comprehensive major (at least 59-60 credits)
- Standard major (at least 36 credits) plus one of the following:
  - Another standard major (at least 36 credits), or
  - A minor (at least 24 credits), or
  - A certificate (12-18 credits)

No minor or certificate is required with a Comprehensive Major or with two majors of 36 credits each.

Certain degree programs which include Comprehensive Majors may require more than the minimum of 120 credits for graduation.

Admission Requirements

Admission to Exercise Science, Comprehensive Major

Graduates of the B.S. in Exercise Science program will pursue coursework in exercise physiology and biomechanics; motor development; exercise

prescription and assessment; strength and conditioning; social and behavioral science; anatomy; and in basic sciences among other areas. This overall preparation will allow graduates from this program to seek careers in community health promotion and education, worksite wellness, recreation, personal training, group exercise instruction, and sport science. The major is also rigorous enough to prepare students for advanced degrees in professional or graduate programs related to this field of study. Formal admission to the Exercise Science Major is typically made during the second year (either Fall or Spring) of attendance following the successful completion of KINS 304, KINS 308, and KINS 309. This will allow students to begin further coursework in the Exercise Science core in the subsequent semester.

The Exercise Sciences Program Committee will screen students for admission to the program. At the time of admission, students must:

1. Have completed KINS 304, KINS 308 and KINS 309 with a grade of C or better.

2. Demonstrated an overall cumulative GPA of 2.5 or higher in all other university coursework.

Students who are not admitted into the upper sequence of courses (KINS 312, KINS 357, KINS 476 and KINS 498) within the Exercise Science Major may seek admission the following or subsequent semesters provided all admission criteria are met. Those students who choose to reapply for admission are reminded that the program is a two-year course of study once admitted, which could delay their graduation up to one year.

Transfer Students

Transfer students must meet all application requirements prior to application to the program. KINS 309 (http://catalog.uwec.edu/search/?P=KINS%20309) must be taken on campus. Transfer students who are interested in the Exercise Science Major should inform the Admissions Office upon application for admission to the University and contact the program director.

Retention

Once admitted into the Exercise Science Major, the student must meet the following criteria to remain in the program:

1. Maintain a cumulative GPA of 2.5 in all university coursework.

2. Continue to display appropriate dispositions regarding professional development, as outlined in the Policy for Disposition Intervention, Department of Kinesiology, Exercise Science.

3. Satisfactorily complete all courses and internship experiences (KINS 312, KINS 357, KINS 476, KINS 498, BIOL 196) within the Exercise Science core with a C or above.

Major Requirements

(Code 996-001)

Code	Title	Credits
Core Requirement		
KINS 294	Anatomical Kinesiology	3
KINS 304	Biomechanical Kinesiology	3
KINS 308	Exercise Physiology	3
KINS 426	Motor Development Across the Lifespan	3
Total Credits		**12**

Exercise Science Major

Code	Title	Credits
Exercise Science Core Courses (21 credits)		
BIOL 196	Human Nutrition	3
KINS 309	Introduction to Exercise Science	3
KINS 312	Psychology of Sport and Physical Activity	3
KINS 357	Essentials of Strength and Conditioning	3
KINS 476	Exercise Science Seminar	3
KINS 498	Exercise Science Internship	6
Exercise Science Secondary Area (27 credits from this list)		
BCOM 206	Business Writing	
BCOM 207	Business Presentations	
CHEM 105 & CHEM 106	General Chemistry I Lecture and General Chemistry I Laboratory	
CSD 410	Communication Changes and Disorders of the Older Adult	
ENPH 110	Introduction to Environmental Health	
HCAD 222	Multidisciplinary Perspectives on Aging	
KINS 200	Orientation to Kinesiology	
KINS 275	Prevention and Care of Athletic/ Exercise Injuries	
KINS 290	Introduction to Physical Education	
KINS 292	Management and Coaching Theory	
KINS 300	Planning, Implementation, and Assessment: Invasion Games	
KINS 301	Planning, Implementation, and Assessment: Adventure Activities	
KINS 302	Planning, Implementation, and Assessment: Rhythms and Dance	
KINS 303	Planning, Implementation, and Assessment: Fitness Concepts	
KINS 305	Planning, Implementation, and Assessment: Net Games	
KINS 313	Sociology of Sport and Physical Activity	
KINS 335	Introduction to School Health Education and Current Health Issues	
KINS 348	Exercise Science Apprenticeship	
KINS 351	Cancer Recovery and Fitness Lab	
KINS 352	Cancer Recovery and Fitness Seminar	
KINS 354	Laboratory Procedures in Exercise Science	
KINS 445	Basic Electrocardiography	
KINS 450	Applied Nutrition in Kinesiology	
NRSG 220	The Language of Health Care	
NRSG 375	Pharmacotherapeutics and Pathophysiology for Allied Health Professionals	
PHIL 306	Ethics of Health Care	
PSYC 230	Human Development	
PSYC 333	Psychology of Adulthood and Aging	

PSYC 353	Health Psychology	
PSYC 380	Introduction to Behavior Modification	

Code	Title	Credits
Required LE courses not counted toward major:		
K1 (Natural Sciences)		
BIOL 151	Biology of Humans	4
PHYS 100	Physical Science	4
or PHYS 211	General Physics	
S1 (Written and Oral Communication)		
WRIT 114	Intensive Blugold Seminar in Critical Reading and Writing	5
or WRIT 116	Blugold Seminar in Critical Reading and Writing	
or WRIT 118	Accelerated Blugold Seminar in Critical Reading and Writing	
or WRIT 120	Blugold Seminar in Critical Reading and Writing for Transfer Students	
S2 (Mathematics)		
MATH 246	Elementary Statistics	4

NOTE: No degree credit may be earned under the Satisfactory/Unsatisfactory option in any course presented for completion of this major unless Satisfactory/Unsatisfactory is the only grading option available for a course.

NOTE: Students must maintain a cumulative GPA of at least 2.5 and complete all Exercise Science core courses with a C or above.

NOTE: To graduate from this program a student must achieve a 2.5 or higher total GPA.

NOTE: The Service-Learning graduation requirement is met by the completion of required course work within this major.

Program Learning Outcomes

Students completing this program will be expected to meet the following learning outcomes:

- Demonstrate knowledge in scientific foundation as applied to the study of human movement.
- Identify and discuss research in Exercise Science and develop skills to critically analyze research literature.
- Develop basic assessment, technology, and exercise programming skills specific to Exercise Science.
- Communicate effectively within a discipline-specific context.

The Master of Science in Athletic Training (MSAT) Accelerated Plan allows qualified students to start taking courses in the approved master's degree while finishing their bachelor's degree in Exercise Science. Graduate course sequencing allows undergraduate students to complete their fourth year of the Exercise Science major while completing the first-year coursework in the MSAT. This pathway allows students to apply to the Athletic Training program during their third year (junior) and complete the Master's degree in Athletic Training in five years upon matriculation to UW-Eau Claire.

A student interested in the MSAT Accelerated plan should consult with academic advisors and the Program Director in Athletic Training and declare "pre-athletic training" as their course sequencing. A student will major in Exercise Science in the Department of Kinesiology and earn credits toward their Bachelor of Science degree. Upon successful completion of the fifth year in the MSAT program, a student would graduate with a Master of Science in Athletic Training degree and be eligible for the Board of Certification (BOC) Inc. national certification examination and state licensure as an entry-level athletic trainer.

To maintain good standing in the MSAT Accelerated Plan:

- Must maintain a minimum 3.0 GPA in all graduate level coursework.
- Failure to maintain a minimum 3.0 GPA in graduate level coursework could risk discontinuation from the MSAT Accelerated Plan and/or prevent future acceptance to the MSAT degree program.
- Must earn a grade of C or better in all graduate level coursework. A graduate course grade below C will not be accepted to the MSAT degree program; grades below C will need to be repeated.

The following MSAT courses will fulfill degree requirements for both the Exercise Science Major and the MSAT Program:

Exercise Science Undergraduate Course		
KINS 498	Exercise Science Internship	6
Exercise Science Secondary Area		27
MSAT Course		
KINS 780A	Clinical Practicum I	2
KINS 781A	Clinical Practicum II	2
KINS 700A	Principles of Athletic Training (summmer)	3
KINS 701A	Applied Anatomy (summer)	2
KINS 710A	Foundations of Clinical Practice (summer)	3
KINS 720A	Physical Assessment and Treatment of the Lower Extremity (fall)	5
KINS 762A	Psychosocial Aspects in Healthcare (fall)	1
KINS 714A	Pathophysiology & Emergency Medicine (fall)	3
KINS 721A	Physical Assessment and Treatment of the Head and Spine (winter)	4
KINS 722A	Physical Assessment and Treatment of the Upper Body (spring)	5
KINS 763A	Pharmacological Agents in Healthcare (spring)	1