

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	
NRSRG 220	The Language of Health Care	
NRSRG 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 or PHYS 211	Physical Science General Physics	4
S1 (Written and Oral Communication)		
WRIT 114 or WRIT 116 or WRIT 118 or WRIT 120	Intensive Blugold Seminar in Critical Reading and Writing Blugold Seminar in Critical Reading and Writing Accelerated Blugold Seminar in Critical Reading and Writing Blugold Seminar in Critical Reading and Writing for Transfer Students	5
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.

Sample Degree Plan

Exercise Science, Comprehensive Major (B.S.)

The following is a sample degree plan, based on the 2023-2024 catalog. It is based on the 120-credit graduation requirement and assumes no transferred credits, no requirements waived by placement tests, no courses taken in the summer or winter, no repeated courses, and no remedial courses that may be required. This sample degree plan is intended for first-year students entering UW-Eau Claire in the fall semester. Your own degree plan may differ depending on the course of study selected (second major, minor, etc.). UW-Eau Claire cannot guarantee all courses will be offered as shown, but will provide a range of courses that may enable prepared students to fulfill their requirements in a timely period. This sample degree plan is just a guide. Please consult your advisor, your degree audit, and the catalog to create your own degree

plan. Note: In order to earn the required minimum of 120 credits for the degree in four years, you should plan to take 15 credits each semester or 30 credits each year.

To earn a degree, students must fulfill all University Graduation Requirements, including the Liberal Education (LE) Core. LE Core course work in the following sample degree plan uses abbreviations such as LE-K1, LE-S2, LE-R3, and LE-I1 to represent the learning outcomes students will meet via completion of their liberal education course work. Please click (<https://catalog.uwec.edu/undergraduate/graduation-requirements/>)here (<https://catalog.uwec.edu/undergraduate/graduation-requirements/#header1>) for a description of the Liberal Education Core outcomes and requirements. Note that the LE Core may be completed through both course and non-course experiences.

SOMETIME IN THE FIRST YEAR

Writing Requirement:		2-5
WRIT 114	Intensive Blugold Seminar in Critical Reading and Writing (LE-S1)	
or		
WRIT 116	Blugold Seminar in Critical Reading and Writing (LE-S1)	
or		
WRIT 118	Accelerated Blugold Seminar in Critical Reading and Writing (LE-S1)	
or		
WRIT 120	Blugold Seminar in Critical Reading and Writing for Transfer Students (LE-S1)	
Science (K1) choose one		4-5
PHYS 100	Physical Science (LE-K1)	
PHYS 211	General Physics (LE-K1)	
LE Free Choice - See "Liberal Education Core"		3
LE Free Choice - See "Liberal Education Core"		3
KINS 200	Orientation to Kinesiology	1
KINS 294	Anatomical Kinesiology	3
ES Secondary Choice *		3
ES Secondary Choice *		3
LE Free Choice - See "Liberal Education Core"		3
LE Free Choice - See "Liberal Education Core"		3
TOTAL		28-32

SOMETIME IN THE SECOND YEAR

BIOL 151	Biology of Humans (LE-K1)	4
MATH 246	Elementary Statistics (LE-S2)	4
LE Free Choice - See "Liberal Education Core"		3
LE Free Choice - See "Liberal Education Core"		3
ES Secondary Choice *		3
KINS 309	Introduction to Exercise Science	3
KINS 304	Biomechanical Kinesiology	3
KINS 308	Exercise Physiology	3
ES Secondary Choice *		3
LE Free Choice - See "Liberal Education Core"		3
TOTAL		32

THIRD YEAR

FIRST SEMESTER

KINS 312	Psychology of Sport and Physical Activity	3
LE Free Choice - See "Liberal Education Core"		3
LE Free Choice - See "Liberal Education Core"		3
ES Secondary Choice *		3
ES Secondary Choice *		3
SECOND SEMESTER		
KINS 357	Essentials of Strength and Conditioning	3
BIOL 196	Human Nutrition	3
LE Free Choice - See "Liberal Education Core"		3
ES Secondary Choice *		3
ES Secondary Choice *		3
TOTAL		30
FOURTH YEAR		
FIRST SEMESTER		
KINS 426	Motor Development Across the Lifespan	3
KINS 476	Exercise Science Seminar	3
ES Secondary Choice *		6
LE Free Choice - See "Liberal Education Core"		3
SECOND SEMESTER		
KINS 498	Exercise Science Internship (LE-I1, LE-SL)**	6
ES Secondary Choice *		6
LE Free Choice - See "Liberal Education Core"		3
TOTAL		30

Minimum total for the baccalaureate degree = 120 credits

* Numbers of credits and courses required in "ES secondary choice" areas will depend on the professional area that the student is working toward

** KINS 498 can be taken in the fall, spring or summer semester

Numbers of credits and courses required/recommended in "ES Secondary" and "Electives" will depend on the student's career and/or graduate school goals. Your academic and faculty advisors will assist you with choosing the correct classes each semester to prepare you for post-graduation plans.

Application to Major

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(<http://catalog.uwec.edu/search/?P=KINS%20304>), KINS#308(<http://catalog.uwec.edu/search/?P=KINS%20308>), and KINS#309(<http://catalog.uwec.edu/search/?P=KINS%20309>)#with a grade of C or better.
2. Demonstrate an overall cumulative GPA of 2.5 or higher in all university coursework.

Students who are not admitted into the upper sequence of courses (KINS 312, 357, 476, and 498) within the Exercise Science program may seek admission the following or subsequent semesters provided all admission criteria are met. Those students who choose to be considered 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.

RECOMMENDATIONS FOR HIGH IMPACT PRACTICES (HIPs) The University of Wisconsin-Eau Claire encourages all students to participate in High Impact Practices. The following information identifies any specific recommendations that faculty in this major have concerning which HIPs might be most beneficial to students, and any recommendations about when those HIPs best fit into the degree plan. Students should also consult their faculty advisor for information on HIPs. There are many additional high impact opportunities available. Talk to your academic advisor for more information about incorporating HIPs like Study Abroad (<https://studyabroad.apps.uwec.edu/>), Intercultural Immersion (<https://www.uwec.edu/immersion/>), Internship (<https://www.uwec.edu/career-services/info-students/internships/>), and/or Student/Faculty Collaborative Research (<https://www.uwec.edu/orsp/students/student-faculty-collaborative-research-guide/>) into your time at UW-Eau Claire. Required: Students in the Exercise Science major complete an internship during their final semester.

Liberal Education (LE) Core Guidance

Liberal Education Core (LE Core)

The LE Core comprises 17 learning experiences across 11 learning outcomes. Students must complete a minimum of 36 credits in courses approved for the LE Core.

- K1 – Natural Sciences; two experiences (one lab science experience is required in K1 or K2).
- K2 – Social Sciences; two experiences (one lab science experience is required in K1 or K2).
- K3 – Humanities; two experiences.
- K4 – Fine Arts; one experience.
- S1 – Written and Oral Communication; two experiences (one experience must satisfy the University writing requirement).
- S2 – Mathematics; one experience (must satisfy the University math competency requirement).
- S3 – Creativity; one experience (can be fulfilled in a student's major).
- R1 – Equity, Diversity, and Inclusivity; two experiences (one experience must meet the UW System Design for Diversity (DD) requirement).
- R2 – Global Perspectives; one experience.
- R3 – Civic and Environmental Issues; one experience.
- I1 – Integration; two experiences (one experience can be fulfilled in a student's major).
- SL—Service Learning; 30 hours

Additional LE Core Information

- Most LE Core learning experiences are course based, and many courses meet more than one learning outcome (e.g., K3 and R2 or K1 and R3).

- Some learning experiences can also be met outside of a traditional course (e.g., undergraduate research (S3), study abroad (I1)).
- S1 – An English placement score that fulfills the University writing requirement fulfills one S1 experience.
- S1 – A foreign Language placement score that qualifies the student to enter the 102 level satisfies one S1 experience.
- S1, R2 – A foreign language placement score that qualifies the student to enter the 202 level satisfies one experience in S1 and the R2 experience.
- S2 – A math placement score that qualifies the student to enter Math 111, 112, 113 or 114 fulfills the S2 experience.
- S3 – Completion of two credits from any approved music ensemble fulfills the S3 experience.
- I1 – Any semester long study abroad program can fulfill one I1 experience.