

2009-2010

# *B.S. in Kinesiology*

College of Humanities and Social Sciences

## *What Is the Study of Kinesiology?*

The Kinesiology degree consists of two years of coursework. These include required core coursework (51-60 credits) in the following areas: Professional Activities, Exercise Science Foundations, Behavioral and Cultural Foundations, and field experience. Additionally, all Kinesiology students are required to select and take coursework (34-53 credits) in one of the following five areas of specialization: Movement Studies, Health and Fitness Specialist, Pre-Physical Therapy, Pre-Healthcare Professions, or Sport Psychology. It is important to note that completion of coursework for the Pre-Physical Therapy and Pre-Healthcare Professions options may take more than two years. Generally, Kinesiology students begin taking coursework at the beginning of their junior year; however, earlier entry is possible when general university requirements (GURs) and Kinesiology requirements are taken concurrently. Careful planning is required if students are to complete their degree during a four-year period.

## *Why Should I Consider This Major?*

The Kinesiology program provides concentrated study of human movement from developmental, mechanical, motor control, psychosocial, psychological, historical, pathological, and physiological perspectives. The program is appropriate for students who plan to work in the fitness/exercise industry or any other field such as coaching or rehabilitation where human movement and exercise prescription is the focus.

Additionally, this degree can serve as the gateway degree to the allied health professions (i.e. Physical Therapy, Occupational Therapy, Physician Assistant) or as preparation for post-baccalaureate study in other areas such as Human Growth, Aging, Athletic Training, Biomechanics, Exercise Physiology, Health Promotion, Motor Control, or Sport Psychology.

Supporting courses from Biology, Chemistry, Communications, Computer Science, Psychology, Health Education, and Physics may be included to provide more in-depth analysis of principles associated with human structure and function.

## *How to Declare:*

Students are encouraged to contact Kate Kairoff in the PEHR Department to obtain advisor assignment and, after meeting with the departmental advisor, to declare a major in their specialization. Most courses are major-restricted. Current certification in First Aid and CPR is a requirement.

## *Mid-Program Checkpoint:*

Students intending to complete a Bachelor's of Science degree in Kinesiology within four years should seek early departmental advisement.

### **Coursework:**

BIOL 101 or 205

BIOL 348 [preferred]

Completion of all GUR requirements

### *Contact Information:*

Physical Education, Health, and  
Recreation Department Website:  
<http://www.wvu.edu/pehr/>

#### **For more information, contact:**

Kate Kairoff

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[Kate.Kairoff@wvu.edu](mailto:Kate.Kairoff@wvu.edu)

#### **Health and Fitness Specialist:**

Lorrie Brilla

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#### **Movement Studies, Pre-Physical Therapy, and Pre-Healthcare Professions:**

Gordon Chalmers

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#### **Sport Psychology:**

Ralph Vernacchia

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#### **Transfer Credit Evaluator:**

Gordon Chalmers

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### *Sample Careers:*

Athletic Trainer\*

Nutrition Specialist\*

Physical Therapist\*

Personal Trainer

Fitness Product Sales

Health Club Manager

Occupational Therapist\*

\*with post-baccalaureate study



# Kinesiology Major Requirements: 85-105 Credits

## CORE REQUIREMENTS:

### Core Foundation Courses: 11 credits

KIN 301 Survey of Kinesiology, Physical Education, and Health (3)  
KIN 422 Professional Issues in Health and Exercise Settings (3)  
BIOL 348 Human Anatomy and Physiology (5)

### Professional Activities: 4 credits

PE 101 Beginning Conditioning (1)  
Or PE 102 Beginning Group Fitness (1)  
PE 113 Intermediate Swimming (1)  
Select one course from: PE 110 Level-Physical Activity Instructor Training (2) or KIN 316 Group Fitness Instructor Training (2)

Or Two courses from:

PE 103 Beginning Jogging (1)  
PE 104 Beginning Hatha Yoga (1)  
PE 108 Beginning Weight Training (1)  
PE 120 Beginning Social Dance (1)  
PE 122 Beginning Folk and Country Dance (1)  
PE 123 Beginning Scottish Country Dancing (1)  
PE 132 Beginning Badminton (1)  
PE 134 Beginning Pickleball (1)  
PE 136 Beginning Tennis (1)  
PE 139 Beginning Racquetball (1)  
PE 142W Beginning Women's Basketball (1)  
PE 144 Beginning Soccer (1)  
PE 145 Beginning Volleyball (1)  
PE 148 Beginning Lacrosse (1)  
PE 149 Beginning Ultimate Frisbee (1)  
PE 154 Beginning Golf (1)  
PE 157 Beginning Skiing (1)  
PE 165 Beginning Handball (1)  
PE 167 Beginning Mountain Bicycling (1)  
PE 168 Beginning Martial Arts (1)  
PE 169 Beginning Self-Defense (1)  
PE 170 Sailing (1)  
PE 175 Windsurfing (1)  
PE 177 Kayak Touring (1)

### Exercise Science Foundations: 27 credits

KIN 306 Measurement and Evaluation in Kinesiology (3)  
KIN 308 Human Growth and Motor Development (3)  
Or KIN 309 Physical Dimensions of Aging (3)  
KIN 311 Biomechanics (5)  
KIN 312 Functional Anatomy (5)  
KIN 410 Motor Control and Learning (3)  
KIN 413 Physiology of Exercise (5)  
KIN 416 Strength and Conditioning Program Design (3)

### Behavioral and Cultural Foundations: 3 credits (choose one)

KIN 320 Psychology of Sport (3)  
KIN 321 Sociology of Sport (3)  
KIN 323 Olympism and the Modern Olympic Games (3)

### One of the following Options:

KIN 491 Field Experience (6)  
KIN 491 Field Experience (3) and KIN 493 Exercise & Sports Research (3)  
KIN 491 Field Experience (3) and KIN 494 Instructional Assistant (3)  
KIN 471 Internship I (3) and KIN 472 Internship II (12)

## Specializations: Choose one

### Movement Studies: 35 credits chosen from

BIOL 349  
\*CHEM 121, 122, 123, 251, 375  
\*COMM 244, 318, 325, 327, 416  
\*CSCI 101, 140  
\*ENG 302  
HLED 345, 350, 435  
KIN 304, KIN 307 or MATH 240, KIN 308 or 309, 315, 320, 321, 409, 414, 415  
PHYS 114, 115, 116  
\*PSY 220, 230, 250  
\*Maximum of 15 credits from these courses

### Pre-Physical Therapy: 45-53 credits

BIOL 204, 205, 206, 245, 349  
CHEM 121, 122, 123, 251  
CSCI 101, 140  
ENG 302  
HLED 345, 435, 350 or KIN 414; KIN 307 or MATH 240; KIN 409  
PHYS 114, 115, 116  
PSY 101, 230, 250

### Health and Fitness Specialist: 35 credits

Required:  
KIN 304, 309, 414, 415; KIN 308, 316, 320 (must be taken in the core course set)  
Electives: 21 credits under advisement from the Movement Studies option

### Sport Psychology: 34-36 credits

KIN 320, 321, 410, 420  
PSY 101, 210, 230, 240, 250  
Select one elective under advisement from:  
PSY 119, 220, 332, 370

### Pre-Healthcare (OT, Nursing, PA, and Chiropractic): 45-53 credits

ANTH 201, 215  
BIOL 204, 205, 206, 245, 349  
CHEM 121, 122, 123, 251, 351, 352, 353, 354, 355, 375  
CSCI 101  
ENG 302  
HLED 345, 435  
KIN 307 (or MATH 240), 309, 414 (or HLED 350), 409  
PHYS 101, 114, 115, 116  
PSY 101, 230, 250

### Other Kinesiology and Physical Education Options:

Major: B.A. Ed. Physical Education and Health (143 credits)  
Minor: Sport Psychology (30 credits)

These courses are required (or advised) for this major and may be used to satisfy GUR or Writing Proficiency requirements.

**QSR:** MATH 112, 114, 115, 240  
**SSC:** PSY 101  
**BGCM:** PSY 119  
**LSCI:** BIOL 101, 204-206; CHEM 121-123; PHYS 115, 116;  
**SCI:** PHYS 114

**WP:** Three Writing Proficiency points are required for graduation (they are noted as WP1, WP2, and WP3). Check [Classfinder](#) or [Online Timetable](#) for departmental offerings each quarter.