

KINESIOLOGY, BS

The major in Kinesiology (BS) offers two concentrations of study: Exercise Science and Physical Education. An Accelerated Master's Program (AMP) is offered for highly motivated students concentrating in Exercise Science.

Exercise Science

Kinesiology majors with a concentration in Exercise Science take coursework designed to prepare them for employment in a number of professional settings and for continued graduate work in a variety of health-affiliated fields. These include options related to physical therapy, occupational therapy, athletic training, physician assistant studies, medicine, biomechanics, prosthetics, pharmacy, dentistry, clinical exercise physiology, cardiac rehabilitation, private and corporate wellness, fitness centers/university recreation settings, personal training, group fitness instruction, and strength and conditioning coaching.

Physical Education

Kinesiology majors with a concentration in Physical Education study as a cohort. The core classes account for elementary, secondary, and advanced methods that teach students how to use various teaching styles and curriculum models as they relate to different grade and age levels. Early field experiences are embedded within these methods and content courses and serve as preparation for the culminating student-teaching internship. Students also take courses in the exercise sciences, which are foundational to teaching physical education, as well as general education classes.

Students pursuing the Kinesiology, BS must complete the program core as listed below along with the requirements in their selected concentration.

Kinesiology Program Core		Hours
ATR 272	First Aid, Safety & CPR	1
BSC 215	Human Anatomy & Physiology I	4
KIN 303	Physiology of Exercise	3
KIN 365	Applied Biomechanics	3
KIN 366	Evaluation and Measurement	3
KIN 468	Adapted Physical Education	3
Total Hours		17

Exercise Science

The concentration in Exercise Science includes UA General Education requirements, Kinesiology Major Core Courses, required Exercise Science Concentration Courses, and Exercise Science Electives. Students must complete 120 semester hours as specified below. This program does not lead to professional certification as a teacher.

General Education Requirements

Students must meet General Education requirements. Courses should be selected to meet program or prerequisite requirements. At least 120 hours are required for the degree. If needed, students must take additional courses to reach 120 credit hours.

Students in this program should select the following courses in the Foundational Core:

Code and Title		Hours
First Year Compass Courses		
UA 101	Legends	1
KIN 201	Intro to Exercise Science	3

When selecting courses to meet General Education requirements, students should note the following:

- The Natural Science requirement is met with concentration courses.
- Students must meet the World Language Proficiency requirement.
- Students must complete a course approved for the U.S. and Global Citizenship designation (3 credit hours).
- In this program, the Writing requirement for the Upper-Division Core is met with KIN 468.

Professional Studies: 31-32 hours

Exercise Science Concentration Courses		Hours
Students select ONE of the following: BSC 108, BSC 109, or BSC 114 (with BSC 115)		4

BSC 108	Intro Biology Non Maj I	
BSC 109	Intro Biology Non Maj II	
BSC 114 & BSC 115	Principles Of Biology I and Laboratory Biology I	
BSC 216	Human Anatomy & Physiology II	4
CH 100, CH 101, or CH 104		4-5
KIN 367	Exercise is Medicine	3
KIN 392	Clinical Exercise Physiology	3
KIN 492	Advanced Ex Phys	4
KIN 493	Fit Apprsl Exer Prescrip	3
KIN 494	Strength and Conditioning	3
KIN 488	Internship in Kinesiology	3

Approved Exercise Science Electives: 41 hours

Students completing the concentration in Exercise Science must complete a minimum of 41 hours of electives from the following list. A maximum of 6 credit hours is permitted for 100-level Kinesiology activity courses (KIN 100-170). Classes not on the list may be approved at the discretion of Exercise Science faculty. Selections should be discussed with an advisor in the Department of Kinesiology before registering each term.

Code and Title		Hours
ATR 257	Intro to Athletic Training	3
BSC 116 & BSC 117	Principles Biology II and Laboratory Biology II	4
BSC 242	Microbiology And Man	4
BSC 300	Cell Biology	3
BSC 315	Genetics	3
BSC 450	Fundamentals of Biochemistry	3
CH 102	General Chemistry	4
CH 231	Elem Organic Chemistry I	3
CH 232	Elem Organic Chem II	3
CH 237	Elem Organic Chem Lab	2
HD 203	Medical Terminology	2
HHE 280	Understanding Stress Mngt	3

HHE 350	Found of Pub Hlth & Hlth Prom	3
HHE 370	Prin/Foundatn Health Promotion	3
KIN 199	Ecol Appr Hlth & Fitness	3
KIN 200	Weight Mgt Principles	3
KIN 306	Tchg Inv, Strike/Field, Target	3
KIN 352	Psychology of Coaching	3
KIN 362	Motor Development	3
KIN 370	Coaching Soccer	3
KIN 380	Coaching Officials	3
KIN 381	Coaching Football	3
KIN 382	Coaching Basketball	3
KIN 383	Coaching Baseball	3
KIN 386	Coaching Volleyball	3
KIN 387	Adapted Sports Prof. Dev.	1 to 3
KIN 388	Professional Dev. in Fitness	3
KIN 420	Issues in Athletics Coaching	3
KIN 486	Internship in Adapted Sport	3 to 6
KIN 488	Internship in Kinesiology (additional hours)	1 to 9
KIN 491	Sport Exercise & Social Scienc	3
KIN 496	Independent Study (Instructor permission is required.)	3
NHM 101	Intro Human Nutrition	3
NHM 201	Nutrition In Life Cycle	3
NHM 210	Dynamics Weight Control	3
NHM 305	Vegetarian Nutrition	3
NHM 315	Nutrition For Performance	3
NHM 401	Nutrition Health Profesn	3
PH 101	General Physics I	4
PH 102	General Physics II	4
PY 211	Elem Statistical Methods	3
PY 352	Developmental Psych	3
PY 358	Psychopathology	3
SPE 300	Survey Spe Accomd Stratg	3

Advisor approved math electives: MATH 113, MATH 125 (Credit will only be granted for one math course.)

Accelerated Master's Program (AMP) for students concentrating in Exercise Science

The Accelerated Master's Program (AMP) allows highly motivated students concentrating in Exercise Science to take courses that dual count toward the BS in Kinesiology degree as well as toward an MA in Kinesiology degree (with coursework focusing on Exercise Science). Upon completion of the undergraduate degree, students take additional coursework during year 5 to complete the 30-hour MA degree. Students are not obligated to complete the master's degree and choosing not to complete it will not adversely affect the ability to earn the BS degree.

Eligibility

Eligibility requirements for students in the BS in Kinesiology (Exercise Science Concentration) program can be found on the Accelerated Master's Program catalog page. In addition, students must have taken (or be enrolled in) KIN 303 before applying. Students apply through the Graduate School during the final semester of the junior year.

For more information, contact Dr. Jonathan Wingo at (205) 348-4699 or jwingo@ua.edu, or navigate to <https://graduate.ua.edu/amp/>.

Physical Education

Kinesiology majors pursuing certification in physical education are typically interested in teaching as their main focus. Many of our students are also interested in coaching as well as strength and conditioning and often have volunteer opportunities to gain experience while undergraduates.

This concentration requires the completion of at least 120 credit hours and leads to the Bachelor of Science degree and Alabama Class B Physical Education (P-12) professional educator certification. Students who have completed all 100- and 200-level requirements and have an overall GPA of at least 2.50 may apply to the Teacher Education Program (TEP) in the fall semester of the junior year. Requirements for Admission to a Teacher Education Program.

The Class B Physical Education program is a State-approved educator preparation program and is subject to change. Students should obtain the most recent advising sheets available from the faculty advisor, Dr. Elizabeth Woodruff, or from academic advisors in Wade Hall. Students are expected to consult with advisors each term prior to registering for coursework.

NOTE: Programs leading to certification may be altered to meet requirements adopted by the Alabama State Board of Education. At the time of publication of this catalog, proposed changes to this program are pending and are expected to be approved before the next catalog revision. Students must consult with their advisor for current requirements before registering each term.

General Education Requirements

Students must meet General Education requirements.

Courses that are common to the teaching field and the General Education requirements may be applied to both. At least 120 hours are required for the degree. If needed, students must take additional courses to reach 120 credit hours.

Students in this program should select the following courses in the Foundational Core:

Code and Title	Hours
First Year Compass Courses	
UA 101 Legends	1
(or UA 201 for transfer students)	
EDU 200 Orient to Teacher Education (included in Professional Studies)	1
History and Social and Behavioral Sciences	
PY 101 (or PY 105) or HD 101 (or HD 102)	
Natural Science	
BSC 109 or BSC 114 (with BSC 115)	

When selecting courses to meet General Education requirements, students should note the following:

- Courses should be selected to meet teaching field or prerequisite requirements.
- Students must meet the World Language Proficiency requirement.
- Students must complete a course approved for the U.S. and Global Citizenship designation (3 credit hours).
- For the Upper-Division Core, in this program, KIN 361 and KIN 468 meet the Writing requirement.
- In addition to courses listed in General Education requirements, the following courses should be selected: BSC 215 Human

Anatomy & Physiology I or BSC 216 Human Anatomy & Physiology II and ATR 272 First Aid, Safety & CPR .

Teaching Field: 36 hours

Physical Education Teaching Field		Hours
KIN 303	Physiology of Exercise	3
KIN 305	Dance & Gymnastics	3
KIN 306	Tchg Inv, Strike/Field, Target	3
KIN 307	Teach Trk & Fld/Net Game	3
KIN 310	Teaching Swimming	3
KIN 311	Tch Hlth Related Fitness	3
KIN 351	Secondary Clinical Experience	3
KIN 360	Subj Matter Elem Physical Educ	3
KIN 361	Elem Phys Ed Curr Phil Theory	3
KIN 362	Motor Development	3
KIN 365	Applied Biomechanics	3
KIN 468	Adapted Physical Education	3
Total Hours		36

Professional Studies: 32 hours

A minimum grade point average of 2.50 is required in each of the following areas: (1) overall, (2) teaching field, and (3) professional studies. A minimum grade of C- must be earned in all professional studies coursework. KIN 350 Secondary Curriculum must be taken concurrently with KIN 351 Secondary Clinical Experience.

Physical Education Professional Studies		Hours
EDU 200	Orient to Teacher Education	1
SPE 300	Survey Spe Accomd Stratg	3
BEF 362	School, Culture, and Society	3
BEP 305	Educational Psychology	3
KIN 350	Secondary Curriculum	3
KIN 366	Evaluation and Measurement	3
KIN 487	Physical Educ Teach Pract ¹	3
Internship:		
KIN 497	Internship Phys Education ^{1,2}	12
EDU 400	Internship Seminar ¹	1
Total Hours		32

NOTE: KIN 350 must be taken prior to TEP admission.

Footnotes

¹ TEP admission is required.

² **Passing scores on the appropriate Praxis subject assessment for the teaching field are required for internship.**

Admission to the PETE methods cohort is competitive. Meeting minimum requirements does not guarantee admission. Rather, students who meet stated criteria are guaranteed consideration for admission to the teacher education program (TEP). All students must begin the PETE methods cohort in the fall semester.

An individual may request from his or her advisor information concerning summative data on the most recent previous admission.

NOTE: Students will apply to TEP while they are enrolled in KIN 350 Secondary Curriculum.

Career opportunities for Kinesiology majors with a concentration in Exercise Science include personal training, exercise physiology,

cardiac rehabilitation, strength and conditioning coaching, corporate wellness, and research technician positions. The degree also prepares students for graduate study in many areas, including sport science, exercise physiology, public health, epidemiology, physical therapy, occupational therapy, athletic training, physician assistant studies, medicine, biomechanics, prosthetics, kinesiotherapy, pharmacy, dentistry, clinical exercise physiology, cardiac rehabilitation, wellness, recreation, and strength and conditioning.

Career opportunities for Kinesiology majors with a concentration in Physical Education include physical education teacher (P-12), athletic coach, athletic director, strength and conditioning coach, camp leadership, community recreation, adaptive physical education specialist, health and wellness instructor, fitness instructor, adventure/outdoor educator, and more. Students who go on to graduate school study for advanced practitioner degrees or degrees which enable them to study and teach sport instruction in university settings.

Learn more about opportunities in this field at the Career Center