

# KINESIOLOGY, BACHELOR OF SCIENCE IN KINESIOLOGY

## Degree Description

The kinesiology major is designed to prepare students to assume positions as fitness or health promotion directors and exercise consultants in private or public agencies, health centers, cardiac rehabilitation programs, as well as corporate fitness programs. This major is also well-suited as a pre-professional program for students interested in further pursuing a career in athletic training, physical therapy, occupational therapy, nursing, physician assistant, and other medical fields. Additionally, the kinesiology major will prepare students for research intensive graduate programs in exercise physiology, biomechanics, physical activity, and others.

## Admissions

Students must have a cumulative and major GPA of at least 2.5.

## Fast Track Program

The School of Health and Kinesiology has developed a Fast Track program for highly qualified and motivated students providing the opportunity to complete a bachelor's degree and a master's degree in an accelerated time frame. With Fast Track, students may count up to 9 graduate hours toward the completion of their undergraduate program as well as the graduate degree program.

Program Specifics:

- This program is available for undergraduate students pursuing a BS in Public Health major desiring to pursue a MS in Health & Kinesiology with a Health Behavior concentration, or those pursuing a BS in Kinesiology major desiring to pursue a MS in Health & Kinesiology with an Exercise Science concentration.
- Students must have completed no less than 60 undergraduate hours.
- Students must have a minimum undergraduate GPA of 3.0.
- Students must complete the Fast Track Approval form and obtain all signatures and submit to the Office of Graduate Studies prior to first enrollment in a graduate course.
- Students will work with their undergraduate advisor to register for the graduate courses.
- A minimum cumulative GPA of 3.0 is required for graduate coursework to remain in good standing.
- Students remain undergraduates until they meet all the requirements for the undergraduate degree and are eligible for all rights and privileges granted undergraduate status including financial aid.
- Near the end of the undergraduate program, formal application to the graduate program is required. The application fee will be waived, the applicant will need to contact the Office of Graduate Studies for a fee waiver code.
  - Admission to Fast Track does NOT guarantee admission to the graduate program.
  - The admit term must be after the completion term of the undergraduate degree.

## Alternative Entry into the MA in Athletic Training from the BS in Kinesiology

The School of Health and Kinesiology offers an alternative entry into the MA in Athletic Training, which allows outstanding students to complete the BS undergraduate Kinesiology degree and the MA in Athletic Training graduate degree. The alternative entry program is designed for dedicated students

who are motivated and willing to take on early the challenges relating to graduate education. Interested students are encouraged to meet with their academic advisor for more information about this program.

## Kinesiology, Bachelor of Science Requirements

| Code  | Title   | Credits   |
|---|---|-----------|
| <b>GENERAL EDUCATION REQUIREMENTS - 34 Hours Required</b>   |   |           |
| Minimum of "C-" required  |   |           |
| <b>Fundamental Skills</b>   |   | <b>15</b> |
| <b>Writing – 6 hrs.</b>   |   |           |
| ENGL 1150   | ENGLISH COMPOSITION I   |           |
| ENGL 1160   | COLLEGE RESEARCH AND INFORMATION LITERACY   |           |
| <b>Oral Communication – 3 hrs.</b>  |   |           |
| CMST 1110<br>or CMST 2120   | PUBLIC SPEAKING FUNDS<br>ARGUMENTATION AND DEBATE   |           |
| <b>Quantitative Literacy – 3 hrs.</b>   |   |           |
| MATH 1120<br>or MATH 1130<br>or MATH 1140<br>or MATH 1300   | INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING<br>QUANTITATIVE LITERACY<br>QUANTITATIVE REASONING FOR HEALTHCARE PROFESSIONALS<br>COLLEGE ALGEBRA WITH SUPPORT |           |
| <b>Data Literacy – 3 hrs.</b>   |   |           |
| Select one from the following:  |   |           |
| STAT 1100<br>STAT 1530  | DATA LITERACY AND VISUALIZATION<br>ELEMENTARY STATISTICS  |           |
| Until Fall 2028, students can satisfy this requirement with an approved data literacy course, or any approved natural or social science general education course. |   |           |
| <b>Breadth of Knowledge</b>   |   | <b>13</b> |
| Social Science – 3 hrs.   |   |           |
| Humanities – 3 hrs.   |   |           |
| Natural & Physical Science (must complete a lab) – 4 hrs.   |   |           |
| Arts – 3 hrs.   |   |           |
| <b>Individual and Social Responsibility</b>   |   | <b>6</b>  |
| Cultural Knowledge – 3 hrs.   |   |           |
| Civic Knowledge and Engagement – 3 hrs.   |   |           |
| <b>MAJOR REQUIREMENTS - 92 Hours Required</b>   |   |           |
| **Course will satisfy UNO's General Education requirement   |   |           |
| ^Course requires pre-requisite(s)   |   |           |
| <b>All of the following</b>   |   | <b>69</b> |
| KINS 1500   | FUNDAMENTALS OF GROUP EXERCISE (^)  |           |
| KINS 1600   | FUNDAMENTALS OF RESISTANCE TRAINING (^)   |           |
| KINS 1800   | FITNESS FOR LIVING  |           |
| HEKI 2000   | MEDICAL TERMINOLOGY   |           |
| HEKI 2100   | STATISTICS IN HEALTH AND KINESIOLOGY (^)  |           |
| KINS 2210   | GROUP EXERCISE LEADERSHIP (^)   |           |
| KINS 2220   | THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING (^)   |           |
| BMCH 2400   | HUMAN PHYSIOLOGY & ANATOMY I (**)   |           |
| BMCH 2500   | HUMAN PHYSIOLOGY AND ANATOMY II (^)   |           |

|              |  |
|--------------|--|
| KINS 2430    | FOUNDATIONS IN KINESIOLOGY (**)                      |
| KINS 2800    | MOTOR LEARNING (^)                                   |
| KINS 3040    | PREVENTION AND CARE OF ATHLETIC INJURIES (^)         |
| KINS 3900    | MOTIVATION FOR PHYSICAL ACTIVITY (^)                 |
| KINS 4010    | LABORATORY METHODS IN EXERCISE SCIENCE (^)           |
| KINS 4050    | EXERCISE AND SPORT NUTRITION (^)                     |
| KINS 4070    | OPTIMIZING SPORTS PERFORMANCE (^)                    |
| KINS 4080    | CLINICAL EXERCISE PHYSIOLOGY (^)                     |
| KINS 4100    | APPLIED KINESIOLOGY (^)                              |
| or BMCH 4630 | BIOMECHANICS   |
| KINS 4150    | ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE (** ^) |
| KINS 4800    | KINESIOLOGY PRACTICUM (^)                            |
| KINS 4910    | INTERNSHIP IN KINESIOLOGY (^)                        |
| KINS 4940    | PHYSIOLOGY OF EXERCISE (^)                           |
| HEKI 3090    | APPLIED NUTRITION (**)                               |
| PHHB 4550    | HEALTH ASPECTS OF AGING                              |
| PSYC 1010    | INTRODUCTION TO PSYCHOLOGY I (**)                    |

**Additional Required Courses - Select 23 hours of required courses approved by advisor** **23**

#### ELECTIVES

Elective hours as required to reach a total of 120 hours

## Kinesiology, Bachelor of Science Four Year Plan

### Freshman

| Fall  |   | Credits |
|---|---|---------|
| BMCH 2400                                     | HUMAN PHYSIOLOGY & ANATOMY I <sup>1</sup> | 4       |
| KINS 2430                                     | FOUNDATIONS IN KINESIOLOGY                | 3       |
| ENGL 1150                                     | ENGLISH COMPOSITION I                     | 3       |
| MATH 1220                                     | COLLEGE ALGEBRA                           | 3       |
| General Education Course or Elective          |   | 3       |
| Attend Durango Days; other campus events      |   |         |
| Advising appointment for spring: Sept. - Oct. |   |         |

**Credits** **16**

### Spring

|           |  |   |
|-----------|--|---|
| BMCH 2500 | HUMAN PHYSIOLOGY AND ANATOMY II <sup>1</sup> | 4 |
| KINS 1800 | FITNESS FOR LIVING                           | 3 |
| ENGL 1160 | COLLEGE RESEARCH AND INFORMATION LITERACY    | 3 |
| HEKI 2100 | STATISTICS IN HEALTH AND KINESIOLOGY         | 3 |
| Elective  |  | 3 |

Advising appointment for fall: February - March

Join a student organization

**Credits** **16**

### Sophomore

| Fall                                 |                                | Credits |
|--------------------------------------|--------------------------------|---------|
| KINS 1500                            | FUNDAMENTALS OF GROUP EXERCISE | 1       |
| KINS 2210                            | GROUP EXERCISE LEADERSHIP      | 2       |
| KINS 2800                            | MOTOR LEARNING                 | 3       |
| PSYC 1010                            | INTRODUCTION TO PSYCHOLOGY I   | 3       |
| General Education Course or Elective |                                | 3       |
| HEKI 3090                            | APPLIED NUTRITION              | 3       |

Advising appointment for spring: Sept. - Oct.

**Credits** **15**

### Spring

|                                      |   |   |
|--------------------------------------|---|---|
| KINS 1600                            | FUNDAMENTALS OF RESISTANCE TRAINING                 | 1 |
| KINS 2220                            | THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING | 2 |
| CMST 1110                            | PUBLIC SPEAKING FUNDS                               | 3 |
| KINS 4940                            | PHYSIOLOGY OF EXERCISE                              | 3 |
| General Education Course or Elective |   | 3 |
| General Education Course or Elective |   | 3 |

Advising appointment for fall: February - March

**Credits** **15**

### Junior

#### Fall

|  |   |   |
|--|---|---|
| KINS 4100                                    | APPLIED KINESIOLOGY                           | 3 |
| KINS 4150                                    | ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE | 3 |
| KINS 3900                                    | MOTIVATION FOR PHYSICAL ACTIVITY              | 3 |
| Class 1/6 Professional Elective <sup>2</sup> |   | 3 |
| Class 2/6 Professional Elective <sup>2</sup> |   | 3 |

Advising appointment for spring: Sept. - Oct.

Shadowing/Volunteer experiences

**Credits** **15**

### Spring

|  |  |   |
|--|--|---|
| KINS 4010                                    | LABORATORY METHODS IN EXERCISE SCIENCE   | 6 |
| KINS 3040                                    | PREVENTION AND CARE OF ATHLETIC INJURIES | 3 |
| KINS 4080                                    | CLINICAL EXERCISE PHYSIOLOGY             | 3 |
| Class 3/6 Professional Elective <sup>2</sup> |  | 3 |
| HEKI 2000                                    | MEDICAL TERMINOLOGY                      | 1 |

Advising appointment for fall: February - March

Visit Academic & Career Development Center for resume/cover letter building and editing

Start thinking about internship

**Credits** **16**

### Senior

#### Fall

|  |                               |   |
|--|-------------------------------|---|
| KINS 4800                                    | KINESIOLOGY PRACTICUM         | 3 |
| KINS 4070                                    | OPTIMIZING SPORTS PERFORMANCE | 3 |
| PHHB 4550                                    | HEALTH ASPECTS OF AGING       | 3 |
| Class 4/6 Professional Elective <sup>2</sup> |                               | 3 |
| Class 5/6 Professional Elective <sup>2</sup> |                               | 3 |

Advising appointment for spring: Sept. - Oct.

KINS 4910 Application Due

**Credits** **15**

### Spring

|  |                              |   |
|--|------------------------------|---|
| KINS 4910                                    | INTERNSHIP IN KINESIOLOGY    | 3 |
| Class 6/6 Professional Elective <sup>2</sup> |                              | 3 |
| Class 7/7 Professional Elective <sup>2</sup> |                              | 3 |
| KINS 4050                                    | EXERCISE AND SPORT NUTRITION | 3 |

Apply for graduation

Career searching

**Credits** **12**

**Total Credits** **120**

<sup>1</sup> BIOL2740 and BIOL2840 can be taken in place of BMCH 2400 and 2500

<sup>2</sup> Professional electives are chosen from the Elective Core Categories on the degree worksheet. Other courses may qualify following advisor approval

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This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

This plan is not a contract and curriculum is subject to change

**Additional Information About this Plan:**

**University Degree Requirements:** The minimum number of hours for a UNO undergraduate degree is 120 credit hours. Please review the requirements for your specific program to determine all requirements for the program. In order to graduate on-time (four years for an undergraduate degree), you need to take 30 hours each year.

**Placement Exams:** For Math, English, Foreign Language, a placement exam may be required. More information on these exams can be found at <https://www.unomaha.edu/enrollment-management/testing-center/placement-exams/information.php>

**\*\*Transfer credit or placement exam scores may change suggested plan of study**

**GPA Requirements:** 2.5 cumulative and major GPA

**Graduation Requirements:** Students must have a cumulative and major GPA of at least 2.5, no grade lower than "C-" in required courses, and no incomplete in required courses to be recommended for graduation.