



SCHOOL OF
PUBLIC HEALTH
Advancing a Better State of Health



KINESIOLOGY

Handbook

General Education

FALL 2016
CURRICULUM

Department of Kinesiology

2351 School of Public Health Bldg

<http://sph.umd.edu/KNES>

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WELCOME TO KINESIOLOGY

Chair: **Dr. Bradley Hatfield**

Assistant Chair: **Dr. Dena Deglau**

Undergraduate Coordinator: **Dr. Marvin Scott**

Faculty: Faculty information may be found on our website: <http://sph.umd.edu/KNES/faculty/alpha.html>

The overall **mission** of the Department of Kinesiology is to improve the health and well being of all people through an interdisciplinary understanding of physical activity in its many forms (e.g., exercise, sport, movement activities of daily living). The Department of Kinesiology is committed to providing students with an excellent education in Kinesiology; generating empirical evidence about physical activity; and providing services to the state, nation, and world by furthering and sharing our knowledge and expertise about physical activity.

The Department of Kinesiology is part of the **School of Public Health**. Our faculty, students, and staff are active in accomplishing the School's mission to "*promote and protect the health and well-being of citizens of Maryland, the nation, and the world through interdisciplinary education, research, public policy, and practice.*"

At present there are over 1000 undergraduate students enrolled in the Kinesiology Major, which is designed to provide a "*well-rounded, scholarly understanding of the body of knowledge that is centered on human movement and physical activity.*"

Instruction in Kinesiology addresses historical, cultural, developmental, and biophysical bases for quality participation in movement activities, with applications to sport, physical activities, injury, and wellness for people of all ages. Students are expected to develop an understanding of how human movement occurs, the factors that directly or indirectly influence movement, and the benefits of a movement-oriented lifestyle.

CAREERS IN KINESIOLOGY

The curriculum of the Kinesiology Major permits students to pursue a variety of careers related to sport, physical activity and human movement.

Over 65% of our majors are interested in careers related to **fitness** (personal training, corporate fitness, performance training, conditioning, wellness, athletic director), and **medical fields** (physician, physician assistant, physical therapy, occupational therapy, athletic training, chiropractic, cardiac rehabilitation, motor development, biomedical and other research specializations).

About 25% of majors are interested in **sports-related careers** (sport psychology, sport physiology, sport history, sport sociology, sport management, public relations and sport journalism.)

The remaining 10% are unsure. Students typically choose Kinesiology because they like sports and physical activity, and want to make a difference in people's lives.

Resources:

UMD Career Center: <http://www.careercenter.umd.edu/>

Health Professions Advising Office: <http://www.prehealth.umd.edu/>

American Kinesiology Association <http://www.americkinesiology.org/careers-in-kinesiology>

American Alliance for Health, Physical Education, Recreation and Dance www.aapherd.org

American College of Sports Medicine (ACSM) www.acsm.org

Health Promotion careers www.hpcareer.net

The American Academy of Kinesiology and Physical Education <http://www.aakpe.org>

KINESIOLOGY DEGREE COMPETENCIES

1. Students will interpret, synthesize, and critically analyze research underlying the kinesiological dimensions of physical activity and health.
2. Students will develop principled reasoning skills necessary to apply and extend kinesiology knowledge to address problems that are relevant to physical activity and the health of diverse populations.
3. Students will integrate, interrogate, and communicate the connection between the scholarship of kinesiology and the goals of public health.
4. Students will engage in a diversity of physical activities both within and outside their formal curriculum.
5. Students will integrate their physical activity experiences with kinesiology sub-disciplinary knowledge.

THE KINESIOLOGY LISTSERV

All students are strongly encouraged to join the KNES listserv. Students will receive important information about job and internship opportunities, events, registration deadlines, department and University policies, and other critical information of interest to all majors in the department. To subscribe:

1. Send an email to: "**LISTSERV@LISTSERV.UMD.EDU**".
2. Leave the SUBJECT field blank.
3. In the BODY field (the area where the email message is typed), include the message:
 "SUBSCRIBE KNES-UG [your full name]".
4. You will receive confirmation and further instructions in a reply message.

ACADEMIC ADVISING

We strongly encourage students to meet with an advisor regularly to discuss course requirements, benchmarks, academic plan, internships, schedules and career planning. Advising is not mandatory for KNES majors. Only students on probation and athletes have mandatory advising.

Students who require Mandatory Advising: students-athletes, first-year students, transfer students, and students on probation.

The **Department of Kinesiology** and the **Center for Academic Success and Achievement** have **different online appointment systems**.

Please make sure you go to the correct online appointment system to schedule your appointment.

KINESIOLOGY ADVISORS http://sph.umd.edu/department/knes/advising Email an advisor: advisingknes@umd.edu	Center for Academic Success and Achievement Advisors http://sph.umd.edu/%3Cfront%3E/advising
Career Counseling, Exceptions of Policy, General Advising, Graduation clearance issues, Internships Senior Audit (Seniors), Study Abroad, Special cases	Mandatory Advising for: - Students on Academic Probation or Dismissal - Student Athletes Major exploration questions; Reinstatement/reenrollment questions; Transfer credit questions

Family Education Rights and Privacy Act (FERPA) is a Federal law that protects a student's privacy interest in his or her "education records." FERPA says that the University of Maryland may disclose education records, or personally identifiable information from such records, only to university officials who have been determined to have legitimate educational interests.

This information may also be released if a student has provided written consent. In the School of Public Health, we take FERPA very seriously as it is our job to protect your rights as a student. We will not release any information about your student record to parents, legal guardians or family members unless you have filled out the FERPA Academic Information Release Form. You may contact an advisor in the department to receive a copy of this form if you want to sign it.

Please note that it is your choice whether you wish to sign this form. You are not required to do so.

Additionally, it is our policy that if a student wishes to bring parents, legal guardians or family members to a meeting with an advisor, faculty member or other School official, this meeting must be scheduled at least 1 business day in advance, and University parties involved must be notified that the student's parent, legal guardian, or family member will be present at the meeting. The student must also have the FERPA Academic Release Information Form on file with the department. School of Public Health policy mandates that if a meeting involving your parent, legal guardian, or family member was not scheduled in advance, you will be asked to schedule this appointment for a future date and time. No information will be released to others via phone or email as we cannot verify the identity of this person.

KSO - KINESIOLOGY STUDENT ORGANIZATION

The Kinesiology Student Organization (KSO) is a student driven organization that aims to provide a holistic experience for students through career and networking opportunities, social events, and community service.

Join KSO by sending an email request to ksoumd@gmail.com.

KINESIOLOGY PROGRAM REQUIREMENTS – FALL 13 - CURRICULUM

The **Undergraduate Catalog** provides detailed information on University requirements: <http://www.umd.edu/catalog>.

All students in the Kinesiology major must complete all major requirements and keep a GPA of 2.0 to graduate with the degree. The B.S. in Kinesiology includes **120 credits** organized into seven **major content groupings**:

University General Education

Support Courses

Electives

KNES CORE Courses

KNES Physical Activities

KNES200 or KNES201 - Kinesiological Principles of Physical Activity

KNES Upper Level “Option”

KNES 400 - The Foundations of Public Health in Kinesiology

KNES 497 – Kinesiology Senior Seminar

UNIVERSITY GENERAL EDUCATION

To earn a baccalaureate degree at the University of Maryland’s all undergraduates must complete the General Education Program in addition to their major requirements.

Starting Fall 2012 the following students must complete General Education requirements:

- new freshmen
- new transfer students from non-Maryland public institutions
- new transfer students from private schools
- returning students who have been away from UMD for 5 plus years

The information included in this section was adapted from: <http://www.gened.umd.edu/>

Coursework required within the Kinesiology major is permitted to satisfy both the major and general education requirements. Below is a detailed description on how Kinesiology majors may fulfill each General Education requirement.

Fundamental Studies [FS] (5 courses, 15 credits)

Mathematics (MA) - 1 course, 3 credits

Students admitted in the Kinesiology major must complete one of the following courses in order to fulfill the MATH requirement:

- MATH112, MATH113, MATH115, MATH220, MATH130 or MATH140 with a grade of C- or better
- MATH course accepted by the University of Maryland with a grade of C- or better if they also have a MATH placement of MATH140

MATH112 or MATH113 is the preferred course because it is a prerequisite for KNES300 (biomechanics). We strongly recommend that students complete the math requirement for Kinesiology with a course that includes trigonometry. All students are required to complete the MATH placement test when entering the University. The math placement scores from lowest to highest include: 003 010 013 015 110 112 113 S100 111 115 130 220 140

Credits earned from AP/IB or similar exams can be used to satisfy the mathematics requirement.

The MATH requirement cannot be fulfilled with SAT scores.

Analytic Reasoning (AR) - 1 course, 3 credits

Courses in Analytic Reasoning advance and build upon the skills that students develop in Fundamental Mathematics.

Kinesiology majors may complete a course that fulfills both AR requirement and statistics requirement for Kinesiology.

Courses that fulfill AR and statistics include: STAT100; EDMS451; BIOM301; BMGT230 and PSYC200.

Academic Writing (AW) – 1 course, 3 credits

ENGL101 must be completed with a grade of “C-” or better.

Students may exempt out of English 101 in three ways: by AP/IB test scores, through a course equivalency, or by portfolio. Before students submit any materials, they must contact the Academic Writing Office at 301-405-3771 or <http://www.english.umd.edu/academics/academicwriting/exemptions>.

Professional Writing (PW) – 1 course, 3 credits

ENGL39_ must be completed with a grade of “C-” or better and after 60 credits. There are multiple offerings of professional writing: ENGL 390, 391, 392, 393, 394, 395 and 398. Please check complete list on testudo.

No exemption from the Professional Writing requirement will be granted for achievement on the SAT verbal exam, AP/IB scores, portfolio or a grade of “A” in ENGL101.

Oral Communication (OC) – 1 course, 3 credits

One three credit course in oral communication is required of all Kinesiology majors.

Students may fulfill the Oral Communication requirements with COMM 107 or 200, INAG 110, THET 285 or JOUR 130.

A complete list of courses that fulfill OC requirement can be found in testudo.

University Policy

Fundamental Math and Academic Writing must be attempted by the time the student has reached the 30-credit level and must be successfully completed by the time the student has reached the 60-credit level. Students who don't fulfill this policy will have a registration block in their account and can only register for classes that the registrar's office.

After a student is admitted at UMD the Fundamental Studies Requirements must be completed at UMD.

Distributive Studies [DS] (8 courses, 25 credits)

Distributive Studies courses expose students to a variety of disciplines even as they concentrate on a chosen field of study. Kinesiology major requirements that have been evaluated in one or more distributive studies (DS) categories can be used to fulfill DS requirements. Below there is a description of Distributive Studies requirements and how Kinesiology majors may fulfill each requirement.

Natural Sciences (NL) – 2 courses, 7 credits

NL = requirement will be fulfilled upon completion of **BSCI170/171**

NL = requirement will be fulfilled upon completion of **BSCI201**

History and Social Sciences (HS) – 2 courses, 6 credits

HS = requirement will be fulfilled upon completion of **KNES293**

HS = requirement will be fulfilled upon completion of **KNES350**

Humanities (HU) – 2 courses, 6 credits

Kinesiology majors need to complete two HU courses.
This requirement can be double counted with I-Series.

Scholarship in Practice (SP) – 2 courses, 6 credits

Kinesiology majors must complete two Scholarship in Practice courses: one inside the major and one outside of the major.

Scholarship in Practice course inside the major includes KNES497 (Senior Seminar).

All students must complete one SP course outside of the major.

This requirement can be double counted with I-Series.

Distributive Studies Policies

AP or IB credit for Distributive Studies is limited to six of the eight courses. At least two of the eight courses (I-series) must be taken at the University of Maryland, College Park.

Distributive Studies courses may not necessarily have to be the 100 or 200 levels, but ideally they should be courses with few or no prerequisites outside Distributive Studies to satisfy General Education requirements.

I-Series [IS] (2 courses, 6 credits)

The I-Series is the signature program of General Education at the University of Maryland. I-Series courses are lively and contemporary. They speak to important issues that spark the imagination, demand intellect, and inspire innovation. They challenge students to wrestle with big questions, and examine the ways that different disciplines address them.

Two of the eight courses in Distributive Studies must be the I-Series courses. AP credit may not be used to satisfy the I-Series requirement.

Kinesiology majors must complete **two I-Series courses** (6 credits) that can be double counted with:

- Humanities (HU)
- Scholarship in Practice (SP) *outside of the major*

Diversity [DV] (2 courses, 4-6 credits)

Two categories of courses comprise the Diversity requirement: Understanding Plural Societies and Cultural Competence.

Kinesiology majors fulfill one **Understanding Plural Societies (UP)** course with **KNES287**.

To fulfill the Diversity requirement students in the Kinesiology major must complete:

- one additional Understanding Plural Societies courses (3 credits total)

OR

- One Cultural Competence course (1-3 credits)

Courses fulfilling the Diversity requirement may double count in an approved Distributive Studies category.

KINESIOLOGY MAJOR BENCHMARKS

The Kinesiology Major has benchmarks designed to help students plan course selection that will insure that they are able to successfully complete their degree in a reasonable amount of time.

Benchmarks are specific courses that must be successfully completed by a set number of credits in the major.

Benchmarks will be used to plan an approach that will help the student most effectively move to completion of degree requirements.

Benchmark 1 = by 2nd semester in the major: BSCI 170/171 and 1 KNES Core course with a “C-” or better.

Benchmark 2 = by 3rd semester in the major: BSCI 201 and 2 KNES Core courses with a “C-” or better.

Benchmark 3 = by 4th semester in the major: BSCI 202, 3 KNES Core courses, and **KNES201/KNES200** with a “C-” or better.

- **After admitted in the Kinesiology major students must complete BSCI105, BSCI201, BSCI202 and KNES Core courses at UMD.**

It is the responsibility of all students to include the benchmark courses in their academic plan and to follow the plan.

All majors are expected to attempt each benchmark course the very first time they are eligible to enroll.

Failure to successfully complete a benchmark requirement on time will result in the student’s file being reviewed by the Assistant Dean, who will determine whether they will be allowed to remain in the major.

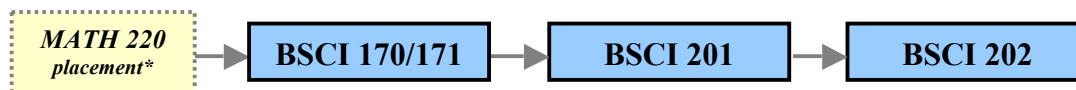
Students who are unclear about the benchmark requirements should make an appointment to see an advisor immediately.

Note to current UMD students who want to change major into Kinesiology: If you are a student at UMD and you already had two unsuccessful attempts in any of the courses that are part of the Kinesiology major benchmarks, you will not be allowed to change into the major.

SUPPORT COURSES

Support courses are essential for the successful completion of Kinesiology courses.

I. Biology, Anatomy and Physiology (12 credits)



MATH111 placement is required prior registration in **BSCI105**. Students are not required to take MATH111 course.

*Math placement sequence: 003 010 013 015 110 112 113 S100 111 115 130 **220** 140

BSCI170/171 - Principles of Biology I (4cr) - [req: MATH220 placement]*

BSCI201 - Human Anatomy and Physiology I (4cr) [req: BSCI105]*

BSCI202 - Human Anatomy and Physiology II (4cr) [req: BSCI201]*

**Course prerequisites are not waived. All Support courses must be completed with a "C-" or better at UMD.*

II. Statistics (3 credits)

Statistics courses accepted: STAT100; EDMS451; BIOM301; BMGT230; CCJS200; ECON321; GVPT422; PSYC200; SOCY201; MATH214.

The Statistics requirement must be completed prior KNES497. A grade of "C-" or better is required to fulfill this requirement.

Important: *MATH111 is not accepted towards the statistics requirement* for students entering the Kinesiology major after Fall 2012. MATH111 is a duplicate credit with STAT100.

KNES CORE

Courses include the core knowledge in Kinesiology recognized as being necessary for all students in the curriculum, regardless of career objectives:

KNES 287 (3cr with discussion) Sport and American Society

KNES 293 (3cr with discussion) History of Sport in America

KNES 350 (3cr) Psychology of Sport

KNES 370 (3cr with lab) Motor Development

KNES 385 (3cr with lab) Motor Control and Learning

KNES 300 (4cr with lab) Biomechanics of Human Motion [preq: MATH113, BSCI201]*

KNES 360 (4cr with lab) Physiology of Exercise [preq: BSCI201 and BSCI202]*

* Course prerequisites are not waived. All KNES core courses must be completed with a "C-" or better at UMD.

Students who earn a W, D or F grade in a KNES core course that has a lab or discussion must repeat the entire course.

KNES PHYSICAL ACTIVITY

In addition to personal skill development, physical activities provide the opportunity to directly experience and apply many of the theories and knowledge addressed in Kinesiology courses. To provide both breadth and depth of experiences in physical activities, a student is required to complete:

KNES201 or KNES200 Kinesiological Principles of Physical Activity

4 different KNES Physical Activity courses (minimum of 4 credits)

KNES Physical Activity courses do not have prerequisites. Students should choose an activity course based on their past experiences and ability to perform a specific physical activity or sport. Students must fulfill this requirement through courses. Current or past participation in athletics, coaching, military or any experience with sport or physical activity cannot be used to fulfill this requirement.

Attendance Policy: Students must attend the first day of classes. KNES Physical Activities include a strong practicum component. Students must be able to fully participate in class to pass the course. The maximum number of absences is 3 for the 7-week courses and 5 for full semester courses. Absences exceeding this limit will result in a grade of "F".

A wide variety of courses at both the beginning and more advanced levels are offered every semester. The number of credits varies based on the number of hours per week and length of the course. **Some activity courses are only offered for half of semester. ONLY ONE ACTIVITY COURSE CAN BE COMPLETED OUTSIDE OF KNES department.**

All KNES Physical Activity courses must be completed with a grade of “C-” or better. Below is a list of Physical Activity courses offered by the Kinesiology department. Not all physical activity courses are offered each semester and new courses may be added. **Students need to check testudo for current offerings.**

BEGINNING			INTERMEDIATE		
KNES	Description	Credits	KNES	Description	Credits
100 N	Basketball- beginning	1	100 O	Basketball- intermediate	2
121 J	Rape Aggression Defense	1	131 O	Jogging- intermediate	2
131 V	Jogging- beginning	2	134 O	Bowling- intermediate	1
131 Z	Softball- beginning	1	140 O	Tumbling and Balancing -Intermediate	1
132 N	Badminton- beginning	1	144 R	Karate- intermediate	2
134 N	Bowling- beginning	1	152 O	Soccer- intermediate	1
137 N	Golf- beginning	1	154 O	Swimming- intermediate	1
140 A	General Gymnastics- beginning	1	155 O	Tennis- intermediate	1
140 R	Trampoline- Beginning	1	157 T	Circuit Training- intermediate	1
140 V	Tumbling & Balancing- beginning	1	160 O	Volleyball- intermediate	1
144 Q	Karate- beginning	2	161 O	Conditioning- intermediate	1
144 T	Self Defense- beginning	2	161 S	Aerobic Dance - intermediate	2
144 U	Tai Chi- beginning	1			2
152 N	Soccer- beginning	1	161 V	Step Aerobics - intermediate	
154 N	Swimming- beginning	1	154 T*	Fitness Swimming – intermediate	1
155 N	Tennis- beginning	1	154 W*	Lifeguard Training- intermediate	2
157 N	Weight Training- beginning	1	157 Q*	Body Building- intermediate	1
157 R	Circuit Training- beginning	1	* Intermediate level - pre-requisite skills is assumed		
160 N	Volleyball- beginning	1	ADVANCED		
161 F	Yoga for Fitness- beginning	1	KNES	Description	Credits
161 N	Conditioning- beginning	1	100 P	Basketball- advanced	2
161 Q	Aerobic Dance- beginning	2	154 P	Swimming- advanced	1
161 R	Step Aerobics- beginning	2	155 P	Tennis- advanced	1
161 T	Yoga- beginning	1	160 P	Volleyball- advanced	2
162 N	Zumba Aerobics – beginning	2	**The Dance department offer courses that may be applicable towards this requirement. Consult an advisor if you are interested in taking Dance courses.		
190/289W	Personal Fitness- beginning	2			
289 Q	Olympic Curling	1			

KNES400 – FOUNDATIONS OF PUBLIC HEALTH IN KINESIOLOGY (3 CREDITS)

All Kinesiology majors will have a foundational knowledge in Public Health as it relates to Kinesiology. Students will investigate the role of physical activity and inactivity in relation to health and well-being through a public health perspective. Past and current perspectives on health promotion, health education, and social policies and approaches will be examined for various populations. Former KNES498A.

Prerequisite: KNES287 with a grade of C- or better and senior standing

Prerequisite or co-requisite: KNES360

*KNES400 must be completed with a grade of C- or better.

KNES UPPER LEVEL “OPTION”

The KNES Upper Level “Option” requirement is designed to build on one or more of the KNES core classes and give students an opportunity for more “specialization” in their program and to specifically choose courses relevant to a particular career goal.

Students must complete any 4 courses (12 credits) of KNES Upper Level “OPTION”.

Examples of KNES Upper Level “Option” courses (not a complete list):

KNES332 (former KNES389G) Fitness Assessment and Exercise Prescription [preq: KNES360] *

KNES333 Physical Activity for Students with Special Needs [Junior Standing]*

KNES334 (former KNES498L) Adapted Physical Activity: Empowering People with Disabilities to Lead a Healthy and Active Lifestyle. [Junior Standing]*

KNES355 Foundations of Sport Management [preq: KNES287; Junior Standing]*

KNES386 Experiential Learning [Junior Standing]

KNES389I Sport Economics [preq: KNES287; Junior Standing]*

KNES389P Strength and Conditioning of Athletes [preq: KNES360] *

KNES402 Biomechanics of Sport [preq: KNES300] *

KNES440 Psychology of Athletic Performance [preq: KNES350; Junior Standing] *

KNES442 Psychology of Exercise and Health [preq: KNES350; Junior Standing] *

KNES451 Children & Sport: A Psychosocial Perspective [preq: KNES350; Junior Standing] *

KNES455 Scientific Basis of Athletic Conditioning [preq: KNES360] *

KNES457 Managing Youth Programs: Educational, Fitness and Sport [preq: KNES287, KNES370; Junior Standing] *

KNES461 Exercise and Body Composition [preq: KNES360] *

KNES462 Neural Basis of Human Movement [preq: KNES385; BSCI202]*

KNES464 Exercise Metabolism: Role in Health and Disease [preq: KNES360] *

KNES466 Graded Exercise Testing [preq: KNES360] *

KNES483 Sport Marketing & Media [preq: KNES287; Junior Standing] *

KNES484 Sporting Hollywood [preq: KNES293 and KNES287; Junior Standing] *

KNES485 Sport & Globalization [preq: KNES287; Junior Standing] *

KNES487 Women, Sports and Culture [preq: KNES287; Junior Standing] *

KNES498 Special Topics in Kinesiology – Different topics offered each semester. Examples include:

KNES 498C Exercise and Brain Health [preq: KNES350] *

KNES 498E Coaching for Performance [preq: KNES350] *

KNES 498F Exercise and Aging [preq: KNES360] *

KNES 498I Advanced Applied Physiology [preq: KNES360] *

KNES 498K Sport and the Civil Rights Movement [preq: KNES293] *

KNES 498M Movement Disorders: Theory and Practice [preq: KNES385; BSCI202]*

KNES 498N Muscular Aspects of Exercise Physiology [preq: KNES360] *

KNES 498T Principles and Applications of Exercise Rehabilitation [preq: KNES300 and KNES360] *

KNES 498w Prosthetics for Limb Amputations [preq: KNES300] *

KNES 498X Neural Engineering of Human Movement [preq: KNES385] *

Visit the KNES website at www.sph.umd.edu/knes for a full list of approved “Option” courses.

Important: KNES internship courses (KNES389, KNES389K, KNES498) do not fulfill this requirement.

***Course prerequisites are not waived. All KNES Option courses must be completed with a “C-” or better at UMD.**

KNES497 – KNES “INDEPENDENT STUDIES SEMINAR”

The culminating experience is KNES 497 the Kinesiology independent studies seminar.

Students will select a topic* based on background courses and personal interest. The research literature related to the topic is explored and synthesized, an oral presentation of findings is made, and the students become “expert” on the topic.

Important: Students are strongly encouraged to complete KNES497 in their **last semester in the major**.

Prerequisites:

- Professional writing and Statistics: all KNES Core and two options courses
- See descriptions and prerequisites for KNES497 sections at <http://sph.umd.edu/department/knes/knes-497-kinesiology-senior-seminar>

Course prerequisites are not waived. KNES497 must be completed with a “C-” or better at UMD.

ELECTIVES

- **General electives:** ± 32 credits

Elective courses can be taken in any department (Biology, Psychology, Community Health, Journalism, Physics, Chemistry, etc.).

The key is to carefully select the electives and tailor them to fit students' needs and career goals:

- **Internships** - <http://sph.umd.edu/KNES/ugrad/internship.html>
- **Professional and Graduate school:** Students who want to apply for Professional or Graduate School may complete prerequisite courses as electives.
 - o **Pre-PT, Pre-Med, Pre-Physician Assistant, other health professions:** Consult the Pre-Health Advising Office (<http://www.prehealth.umd.edu>) for information on pre-health professional schools and requirements.
- Undergraduate research - <http://www.ugresearch.umd.edu/>
- Undergraduate TA - <http://sph.umd.edu/KNES/ugrad/internship.html>
- Scholars program - <http://www.scholars.umd.edu/>
- Study abroad - <http://www.international.umd.edu/>
- Gemstone - <http://www.gemstone.umd.edu/>
- Honors programs - <http://www.honors.umd.edu/>
- Minor - <http://www.umd.edu/catalog>
 - Double degree or double major - <http://www.umd.edu/catalog>

KNES INTERNSHIPS

Internship coordinator: Dr. Elizabeth Brown (SPH2343 - ebrown2@umd.edu)

Internships are considered a critical piece of the Kinesiology major. Internships are invaluable in helping students focus on career options, gain experience, establish professional contacts and deciding whether a particular field is truly a good fit both professionally and personally.

To optimize the learning experience, students should possess, minimally, an introductory knowledge (preferably, a more in-depth knowledge) of the subject matter. Therefore, most students consider internships during their sophomore, junior and senior years following the completion of related kinesiology core and options courses.

Students majoring in Kinesiology may complete internships as elective credits. Internship courses and opportunities are available during Fall, Spring, Summer and Winter terms.

Courses available: KNES289, KNES389, KNES389K and KNES498. You may complete an internship course from 1 to 3 credits. Students may not take more than 3 credits of internship per semester.

For every credit hour, students need to put in 45 hours of time at the site:

1 credit = 45 hours

2 credits = 90 hours

3 credits = 135 hours

How to sign up for an internship course:

- a. Select a site and a supervisor (through an advisor's guidance, the listserv notices, or self-selection)
- b. Complete internship application form (available at <http://sph.umd.edu/departments/knes/internships>)
- c. Meet with Dr. Elizabeth Brown for internship approval.
- d. You will receive an email when you have the permission to register for the internship course.
- e. **Deadline:** Internships must be added by the end of schedule adjustment of each term.

Requirements

- **GPA: 2.5 or higher.** Students with GPA below 2.5 must receive permission from the Program Coordinator prior to registering for an internship course.
- Students may only register for a total of **15 credits** of internship courses during the major.
- Internship course requirements:
 - o KNES289 (BSCI201 and/or BSCI202 successfully completed)
 - o KNES389 (Sophomore standing and at least 2 KNES core courses and BSCI BSCI201/202 completed)
 - o KNES389K (Junior standing and at least 4 KNES core courses completed)
 - o KNES498 (Senior standing; 5 or more KNES courses)
- Students are encouraged to complete a variety of internship experiences. Each internship course must represent a unique experience. *The same experience at the same site must not be repeated.*
- Only Kinesiology majors may register for a Kinesiology internship.
- Non-majors must have a faculty in the Kinesiology department as the internship sponsor.

IMPORTANT: KNES internship courses do not fulfill the KNES upper level "Option" requirement.

KNES HONORS PROGRAM

The Department of Kinesiology Honors Program provides an opportunity for students to engage in challenging educational experiences related to the study of human movement, sport, and exercise. Students with strong intellectual interests and the ability to pursue those interests at a high level are eligible for this program. It is the goal of the Honors Program to nurture these students and encourage them to pursue their interests in a range of intellectual topics. The Honors Program in the Department of Kinesiology is primarily designed for junior and senior level students to encourage them to engage in scholarly independent study and discussions.

The goal of the Honors Program is to set high, but reasonable standards for admission and graduation. The program will consist of at least 21 credits of Honors course work and thesis writing. Interested students should contact **Dr. Carson Smith** (carson@umd.edu), Honors Program Director for additional information.

Honors Program Objectives

1. To recognize and encourage excellence among the Department of Kinesiology's undergraduate student population.
2. To identify student leaders committed to the advancement of the Department of Kinesiology both on campus and beyond.
3. To provide academically and professionally motivated students with comprehensive exposure to the breadth and depth of research being carried out with the Department of Kinesiology.
4. To encourage students (through intensive engagement with a faculty advisor) to develop practical experience within a chosen area of Kinesiology research.
5. To provide students with a variety of challenging and stimulating experience that will, in combination, assist them in realizing their future academic and professional goals.

Admission

Admission to the Honors Program is based on a multifaceted set of criteria and administered through the Departmental Honors Committee. Students interested in entering the Honors Program should submit a written request to the Chair of the Honors Program, described below in detail. Each application will be treated on an individual basis; therefore the Honors Committee may take work experience, leadership, motivation and maturity into consideration. Contact the Director for more information. The applicant must meet the following minimum requirements and is expected to participate in the Honors Program for a minimum of 3 semesters:

1. An overall GPA of 3.50 on a minimum of 45 credits. (Exception: Students who are close to achieving a 3.50 GPA may submit additional materials to the Honors Committee for consideration.)
2. Have a 3.50 GPA in courses taken within the Department of Kinesiology, to include at least 9 credits from the following courses:

KNES 287	Sociology of Sport	KNES 360	Exercise Physiology
KNES 293	History of Sport in America	KNES 370	Motor Development
KNES 300	Biomechanics	KNES 385	Motor Learning and Skilled Performance
KNES 350	Psychology of Sport		

Admission Process

Students interested in entering the Honors Program should submit a formal letter of application to the Director of the Honors Program **at least 1 month prior to the beginning of either the Fall or Spring semester (applications due Aug. 1 and Jan. 1, respectively)**. Students typically apply at the end of their Sophomore year. The letter should include the following points of information:

1. Your name, year, number of hours taken, overall GPA, GPA in the KNES core, and planned graduation semester.
2. Why you want to be in the Honors Program (in what ways you see it adding to your educational and personal development).
3. The area of kinesiology you would be interested in developing a research-focus for your Honors thesis.
4. Describe your future career goals and how becoming an honors student will assist in achieving these goals.
5. What, apart from your academics, have you done that makes you an outstanding student?

Students should attach a copy of their unofficial transcripts to this letter, and send it via e-mail to the Director of the Honors Program, Dr. Smith. Once submitted, each application will be circulated to the Departmental Honors Committee, whose members

will vote on whether to accept the applicant into the program. Admission is based on both the application materials and space in this limited-availability program. Once made, the Director of the Honors Program will communicate the decision to the applicant.

KNES Honors Program Requirements

Participation in the Department of Kinesiology Honors Program requires completion of the following coursework requirements. Students are encouraged to apply near the end of their sophomore year, allowing 4 regular semesters in the Honors Program to complete all requirements (3 semester programs are feasible, but more difficult):

1. At least 12 credits of course work must be completed in Honors or Honors equivalent courses. This requirement may be met in the following ways:
 - i. 6-12 credits in 300 or 400-level H-section courses in the Department of Kinesiology*.
and/or
 - ii. 3-6 credits in 300-level or above University or College Honors courses.
and/or
 - iii. 3-6 credits of graduate courses (In KNES; 600-level and above)

*In special circumstances (e.g., studying abroad), 3 credits of other coursework can be applied toward the honors requirement. The "honors requirement" for this coursework will be negotiated with the Director. In the case of students studying abroad, upon their return the next semester, students will submit a written evaluation of their abroad experience and present a 20-25 min. seminar of their experiences during the Honors Seminar for the honors credit.
2. In addition to taking the Honors Seminar throughout the program, students will take at least 6 credits of research/scholarship and thesis writing under the direction of a faculty member, culminating in a written thesis approved by the faculty member and the Honors Director. The student is also required to attend the KNES 478 Honors Seminar throughout their program and formally present an oral defense of the thesis. The thesis requirement involves the following:
 - i. KNES 478- Honors Seminar (3-4 credits depending on number of semesters in program; 1 credit per semester).
 - ii. KNES 476- Honors Thesis Proposal (3 credits). A formal thesis proposal must be approved by the student's advisor and the Honors Director at least 1 semester prior to graduation. This course may be used as one of the "option" courses required for Kinesiology majors.**
 - iii. KNES 477- Honors Thesis (3 credits). KNES 476 and KNES 477 replace KNES 497 for Honors students in the Kinesiology Major.**

**A special note for students with an expected Fall semester graduation: KNES 476 and 477 are offered sequentially in the Fall and Spring semesters, respectively. Thus, students with a Fall graduation will be required to complete their thesis ONE SEMESTER EARLY. In their final, Fall, semester, they would take KNES 478 and any remaining courses required for the Honors Program requirements.

Continuation in the KNES Honors Program

Students must maintain an overall 3.50 GPA to remain in the program and to graduate with Honors. If a student's GPA falls below 3.50, he or she has one semester to meet the 3.50 standard or be dropped from the program. Students who have been dropped because of a low GPA may reapply to the Honors Committee when their GPA again meets the minimum criterion. Students must submit unofficial transcripts at the end of each semester (or beginning of the next semester) to demonstrate the GPA requirement.

Graduation Requirements

Students previously admitted to the Honors Program may graduate with "Honors" or "High Honors" from the Department of Kinesiology by meeting the following requirements:

The following are the requirements for graduation with **Honors**:

1. Satisfactory completion of each of the honors coursework requirements, including the Honors Thesis.
2. Completion of the Bachelor of Science Degree with a cumulative GPA of 3.50, with at least 60 credits completed at UMCP.

The following are the requirements for graduation with **High Honors**:

1. Completion of each of the honors coursework requirements with grades A or B.
 2. Completion of an Honors Thesis rated as "Outstanding" by members of the student's Honors Thesis Committee.
 3. Completion of the Bachelor of Science Degree with a cumulative GPA of 3.70, with at least 60 credits completed at UMCP.
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UNIVERSITY POLICIES

All students in the Kinesiology major are accountable for each major requirement and to be in compliance with School of Public Health and University policies. For additional information please consult the Undergraduate catalog: <http://www.umd.edu/catalog/index.cfm/show/content/home>.

Email: Students are strongly encouraged to use their UMD Terpmail account (DirectoryID@terpmail.umd.edu) and for reading all email messages sent by the UMD and SPH. Students need to update their email address in Testudo. Emails sent to faculty and advisors need to be written in a professional manner. When writing to faculty and advisors please include proper description in the subject line, name and UID.

Academic Plan: All students majoring in Kinesiology are required to complete an Academic Plan that outlines all requirements they must complete at UMD prior to graduation.

Progress in the major: Students are expected to follow all benchmarks, prerequisites, course sequences and major requirements. Failure to comply with major requirements could impact students' degree progress, delay graduation or result in dismissal from the major.

Registration:

- a. **Registration date/time.** Students can only register after their assigned date and time. Each Fall and Spring semesters, the registrar's office gives each student a registration appointment. Seniors register first, then Juniors, Sophomores and then Freshman. Registration date and time are available at: <http://my.umd.edu>
- b. **Registration Blocks.** Go to <http://my.umd.edu>, open the *Academics and Testudo* tab, then Registration Time and Blocks to see if you have any advising, academic, or financial blocks. *All blocks must be cleared prior to registration.* Go to www.testudo.umd.edu/soc/blockd.html for an explanation of Registration Restrictions and Blocks. Contact an Advisor ASAP to resolve all registration blocks.
- c. **Max credits per semester.** At the time of registration students are permitted to enroll in a maximum of:
 - 16 credits per Fall/Spring semester
 - 4 credits in a 3-week Winter/Summer term
 - 8 credits in a 6-week Summer term
- d. **Prerequisites:** Students will be administratively dropped from a course for which they do not satisfy the prerequisite with a grade of "C-" or better.
- e. **Credit Overload:** Requests to register for a 17 credit overload may be submitted to Dr. Marvin Scott (mwscott@umd.edu). Requests for a credit overload of 18 or more credits must be submitted and approved through a Dean's Exception to Policy (<http://sph.umd.edu/polexc/>).
- f. **Time Conflict:** Requests to take two courses that have a time conflict must be submitted and approved through a Dean's Exception to Policy (<http://sph.umd.edu/polexc/>).
- g. **Taking courses away from UMD.** Students are required to complete all major requirements at UMD. Only students with *extenuating or unusual circumstances* may be granted permission to enroll in courses away from UMD. After admitted in the Kinesiology major students must complete BSCI105, BSCI201, BSCI202 and KNES Core courses at UMD.

Students must use the transfer credit center database (www.tce.umd.edu) to identify if courses will transfer to UMD prior submitting request for an exception of policy. Requests to take courses away from UMD must be submitted and approved through a Dean's Exception to Policy (<http://sph.umd.edu/polexc/>).

h. Repeat Policy:

- Students are allowed to enroll in a course once and repeat a course once. Students have to change their major if they are unable to pass a major required course with a grade of "C-" or higher within 2 attempts.

- **Students may repeat up to 18 total credits while a student at UMD.**
- Students who have repeated over 18 credits must consult a KNES advisor.
- Requests to repeat more than 18 credits or have a third attempt at a course must be submitted and approved through a Dean's Exception to Policy (<http://sph.umd.edu/content/deans-exception-policy-request-form>).

Note to current UMD students who want to change major into Kinesiology: If you are a student at UMD you already had two unsuccessful attempts in any of the courses that are part of the Kinesiology major benchmarks you will not be allowed to change into the major.

Required GPA: Students will be placed on academic **probation** if their cumulative GPA falls below 2.0, and will have mandatory advising with an advisor in the Center for Academic Success and Achievement.

Fulfilling required GPA, courses and credits

- All major requirements must be completed with a grade of "C-" or better.
- Students will not earn new/additional credits when you repeat a course in which you already earned a grade of A, B, C, or D.
- Students will only earn credits once for a course taken to meet two or more requirements.
- Students must have a minimum of 120 total credits and a 2.0 GPA to graduate.

***Upper Level courses during final 30 credits:** Students must enroll in 12 credits of major specific coursework and 15 credits of upper-level (300 or 400 level) coursework in their final 30 credits prior to graduation.

Double major, double degree, minor, honors or another programs

- Students must contact their advisor in their other major, degree, minor or program to ensure that they are meeting all requirements to that specific major, minor or program.

Applying for Graduation

- Seniors in Kinesiology must apply for graduation during their last semester in the major.
- **Online application:** <http://www.testudo.umd.edu/Registrar.html>
- **Deadline:** end of schedule adjustment period for the semester the student wishes to graduate.

Graduation Clearance

- The Program Coordinator will check the records by the end of the semester of all students who applied for graduation. Students may have one of the following graduation statuses:
 - **Cleared to graduate:**
 - See information below about the Commencement Ceremony.
 - You will receive your diploma by mail.
 - **Not cleared to graduate:**
 - Immediate action is required.
 - The Program Coordinator will send a letter to students listing the reason(s) students did not graduate (e.g., he/she does not have enough credits or has not met a required course). Student will be advised of the actions they need to take for degree completion.
 - Students who are not cleared are not allowed to participate in the Commencement Ceremony.

Participation in the Commencement Ceremony

- Only students who are on track to complete all major requirements may participate in the Commencement Ceremony. Website: <http://www.commencement.umd.edu/>
 - Students cleared to graduate will receive an email with information on the School of Public Health's Commencement Ceremony.
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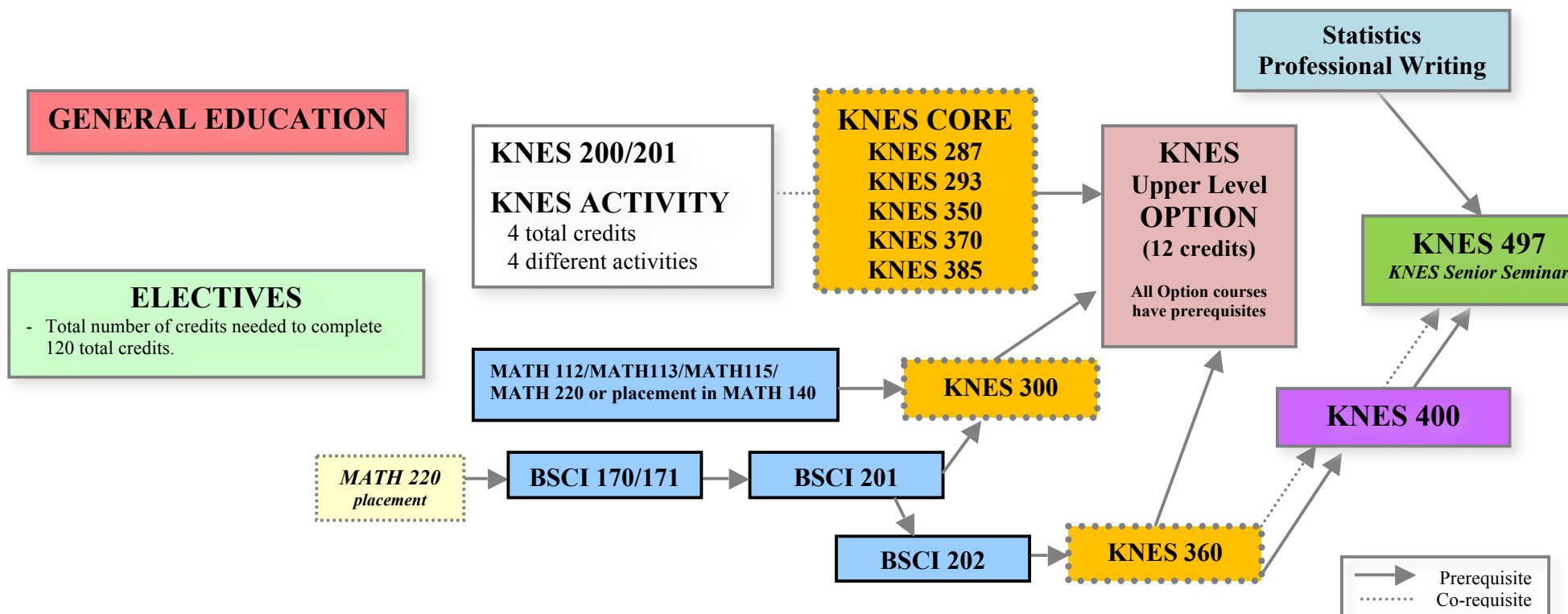
Kinesiology Major

Benchmark 1 - by 2nd semester
BSCI 170/171 and 1 KNES core class

Benchmark 2 - by 3rd semester
BSCI 201 and 2 total KNES core classes

Benchmark 3- by 4th semester
BSCI 202, 3 total KNES core classes, and KNES200 or KNES201

Senior Audit
Required after 75 credits



Other important requirements/policies:

- ENGL101 and MATH113 must be attempted by 30 credits earned and completed by 60 credits earned.
- **ENGL101, MATH 112/MATH113 and ENGL39_ and ALL major requirements must be passed with a grade of "C-" or better.**
- **Repeat Policy:** Students can only repeat a course once. All attempts will be counted toward the total limit for repeatable credits. Students may not repeat more than 18 credits.

***IMPORTANT:** Student progress in the major will be evaluated based on completion of benchmarks. Students who do not achieve the benchmarks will be requested to change their major. For more information on University of Maryland's Degree Completion Policy, please see <http://www.ugst.umd.edu/academicsuccess.html>.

ADVISING: We strongly encourage students to meet with an advisor regularly to discuss course requirements, benchmarks, academic plan, internships, schedules and career planning. Contact a KNES advisor by e-mail (advisingknes@umd.edu) or schedule an appointment online: <http://sph.umd.edu/departments/knes/advising>

SPH/KNES Policy Guidelines

I. Advising

- a. First year students (CASA), newly admitted transfer students (CASA), athletes (Zac Hull), and those on academic probation (Ron Pardon) are required to see an adviser before a block on registration will be removed.
- b. Once a student has declared Kinesiology as their major, they will not be allowed to take, support courses (BSCI 170/171, BSCI 201, BSCI 202, and STAT), KNES CORE classes (KNES 287, KNES 293, KNES 350, KNES 370, KNES 385, KNES 300, and KNES 360), KNES Option classes (12 credits), KNES 201, KNES 400, and KNES 497 at any other institution.
- c. Once a student has achieved **75** credits, it is expected that they will see an adviser to complete a senior audit.

II. Registration

- a. It is the student's responsibility to make sure they understand the prerequisite requirements for a class that they seek to enroll in for the semester. Failure to successfully meet all prerequisite requirements will result in a student being administratively dropped from a class.
- b. Students who wish to get credit for an internship experience must meet with the department's Internship Coordinator and have all appropriate paperwork completed by the end of the drop/add period for the semester.
- c. Students who wish to participate in a Study Abroad program must submit a University of Maryland Permission to Study Abroad form to the department's Undergraduate Coordinator after discussing their study plans and getting a signature from a Study Abroad Adviser.
- d. Students are only allowed to register for **16** credits, but on the first day of classes, this restriction does not apply.
- e. Students are only allowed to repeat **18** credits of coursework and a class cannot be attempted more than twice without school approval. Classes where a student has been given a grade (including ("W", "F", "D",) will be counted as an attempted class.
- f. Some sections of different KNES classes are restricted to only those students who meet the qualifications for those classes. These courses will have the following notations within the course description; **FC** courses are restricted to students in the Freshman Connection program and **SG** courses are restricted to Shady Grove students in the Public health Science program, and KNES courses with a **H** at the end (i.e. KNES 300H) are restricted to KNES majors who have been admitted to the department's Honors program
- g. Students must pass all benchmark requirements within the timeline dictated by their entry into the major. Failure to meet benchmarks can result in a student being dismissed from the major.
 - i. Benchmark #1: by the second semester within the major, a student must have successfully completed BSCI 170/171 and one KNES CORE class with a "C-" or better.
 - ii. Benchmark #2: by the third semester within the major a student must have successfully passed BSCI 201 and two KNES CORE classes with a "C-" or better.
 - iii. Benchmark #3; by the fourth semester within the major, a student must have successfully passed BSCI 202, three KNES CORE classes, and KNES 200/201 with a grade of "C-" or better.
- h. Students are expected to know the date for the last day to withdraw from a class for a particular semester and students will not be able to withdraw from classes after the deadline has passed.
 - i. Students are only allowed to withdraw from four credits a semester.
- i. Students are required to take their last 30 credits at UMCP.

III. Graduation Participation

- a. Students are allowed to participate in graduation ceremonies only if they will have completed **all** degree requirements for the major within that semester. Students who complete their degree requirements over the summer are allowed to participate in the following fall graduation ceremonies.
- b. Students must submit an application to graduate on Testudo by the end of the drop/add period during the semester they plan to graduate

IV. Exception to Policy

- a. A student can submit a petition to the school asking for an exception to policy for some of the policies listed above, but these requests are only approved under extreme circumstances.
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* The Coordinator of Kinesiology major will complete an official evaluation of student's transcript prior entry in the major.

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KNES Independent Studies Seminar		
KNES497 [SP]	3	_____

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