KINESIOLOGY
Handbook

CORE

FALL 2013
CURRICULUM

Department of Kinesiology
2351 School of Public Health Bldg
http://sph.umd.edu/KNES
advisingknes@umd.edu
301-405-2450
WELCOME TO KINESIOLOGY

Chair: Dr. Bradley Hatfield       Assistant Chair: Dr. Steve Roth       Director: Dr. Ana Palla-Kane

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 900 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: www.prehlth.umd.edu
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
**THE KINESIOLOGY LISTSERV**

All students are strongly encouraged to join the KNES listserve. 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.

**Mandatory Advising** only for students athletes and students on probation.

The Department of Kinesiology and the Student Services Center have different online appointment systems.

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

<table>
<thead>
<tr>
<th>GO TO KINESIOLOGY ADVISOR:</th>
<th>GO TO Student Services Center Advisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email an advisor: <a href="mailto:advisingknes@umd.edu">advisingknes@umd.edu</a></td>
<td></td>
</tr>
</tbody>
</table>

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

**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 kso@umd.edu.

Calendar of events available at http://sph.umd.edu/KNES/ugrad/organizations.html
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 CORE**

**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**

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**UNIVERSITY CORE**

The CORE Liberal Arts and Sciences Studies Program is the University of Maryland’s set of general education requirements that all undergraduates must complete in addition to their major, department, and college requirements.

To earn a baccalaureate degree, all students at the University of Maryland, College Park complete both a major course of study and a campus-wide general education program.

Students who enter the University May 1990 and after complete CORE requirements.

The information included in this section was adapted from: http://www.ugst.umd.edu/core/.

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**Fundamental Studies**

**Fundamental Math**

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

a. MATH112, MATH113, MATH115, MATH220, MATH130 or MATH140 with a grade of C- or better

b. SAT, 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 All students are required to complete the MATH placement test when entering the University. The math placement scores from lowest to highest include:

003 010 013 015 110 112 113 115 111 130 140 220 140

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

The MATH requirement may be fulfilled with SAT scores.
**Fundamental English**

I. **English Composition (6 credits, 2 courses)**
   a. **Academic Writing - ENGL101 (3cr)** must be completed with a grade of “C-” or better.

   FE requirement may also be fulfilled with AP, SAT verbal or portfolio evaluation.

   b. **Professional Writing**

   ENGL39_ must be completed with a grade of C or better and after 60 credits. There are multiple offerings of ENGL 390, 391, 392, 393, 394, 395 and 398.

   *Exemption from Professional Writing Requirement:* Grade of "A" in ENGL 101 (not ENGL 101A or ENGL 101X). No exemption from the Professional Writing requirement will be granted for achievement on the SAT verbal exam, AP scores or portfolio.

   **Professional Writing courses cannot be used to fulfill Advanced Studies requirements.**

   Students who are exempt of professional writing and want to pursue graduate degree must check if the program they are applying requires professional writing course.

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**University Policy:**

Fundamental English and Fundamental Math 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 requirement must be completed at UMD.

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**Distributive Studies**

I. **Social Sciences and History - at least 9 credits, 3 courses**
   - **SH** - Social or Political History (one course): fulfilled with **KNES293**
   - **SB** - Behavioral and Social Sciences (two courses): one fulfilled with **KNES287** and one additional course listed as SB

II. **Humanities and the Arts - 9 credits, 3 courses**
   - **HA** - History/Theory of the Arts (3cr)
   - **HL** - Literature (3cr)
   - **HA/HL/HO** - History/Theory of the Arts/Literature/Other Humanities (3cr)

III. **Sciences and Mathematics – at least 10 credits, 3 courses**
   - **PS/PL/MS** - Physical Sciences/ Math or Formal Reasoning (3cr)
   - **LL** - Life Sciences = fulfilled with **BSCI105 and BSCI201**

IV. **Human Cultural Diversity**
   - **D** - Diversity = **KNES287**

Optional: **Interdisciplinary and Emerging Issues (IE)**

IE is an optional CORE distributive studies category. Students may fulfill CORE requirements without taking an IE course. Only one IE course may be counted toward CORE distributive studies.

- ONE IE course may be counted in the **HA/HL/HO; PS/PL/MS** or **SB** category.
Core Distributive Studies Policies
- Students must complete all CORE Distributive Studies courses before 60 credits.
- Students are not permitted to enroll in more than one CORE Distributive Studies course in a semester once they have earned 90 credits.

Advanced Studies

- Two upper level courses (300/400 level) for a total of at least 6 credits
- Course must be outside of the major
- Courses must be taken after a student has completed 60 credits

Kinesiology majors will fulfill the requirement by completing:
- KNES497 (3cr) is a CORE-approved Capstone course and will substitute one advance studies course.
- One Advance Studies course (3cr)

The following do not meet Advanced Studies requirements:
- Professional Writing courses that meet the CORE Fundamental Studies requirement
- Courses which are used to meet CORE Distributive Studies requirements
- Internships, practical, or other experiential-learning types of courses
- Any course taken on a Pass/Fail basis

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 105 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)

*MATH 220 placement is required prior registration in BSCI105. Students are not required to take MATH 220 course.

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

BSCI105 - Principles of Biology I (4cr) - [preq: MATH220 placement]*
BSCI201 - Human Anatomy and Physiology I (4cr) [preq: BSCI105]*
BSCI202 - Human Anatomy and Physiology II (4cr) [preq: 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; 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:

<table>
<thead>
<tr>
<th>KNES201 or KNES200</th>
<th>Kinesiological Principles of Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 different KNES Physical Activity courses</td>
<td>(minimum of 4 credits)</td>
</tr>
</tbody>
</table>

**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.

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**

<table>
<thead>
<tr>
<th>KNES</th>
<th>Description</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 N</td>
<td>Basketball- beginning</td>
<td>1</td>
</tr>
<tr>
<td>121 J</td>
<td>Rape Aggression Defense</td>
<td>1</td>
</tr>
<tr>
<td>131 V</td>
<td>Jogging- beginning</td>
<td>2</td>
</tr>
<tr>
<td>131 Z</td>
<td>Softball- beginning</td>
<td>1</td>
</tr>
<tr>
<td>132 N</td>
<td>Badminton- beginning</td>
<td>1</td>
</tr>
<tr>
<td>134 N</td>
<td>Bowling- beginning</td>
<td>1</td>
</tr>
<tr>
<td>137 N</td>
<td>Golf- beginning</td>
<td>1</td>
</tr>
<tr>
<td>140 A</td>
<td>General Gymnastics- beginning</td>
<td>1</td>
</tr>
<tr>
<td>140 R</td>
<td>Trampoline- Beginning</td>
<td>1</td>
</tr>
<tr>
<td>140 V</td>
<td>Tumbling &amp; Balancing- beginning</td>
<td>1</td>
</tr>
<tr>
<td>144 Q</td>
<td>Karate- beginning</td>
<td>2</td>
</tr>
<tr>
<td>144 T</td>
<td>Self Defense- beginning</td>
<td>2</td>
</tr>
<tr>
<td>144 U</td>
<td>Tai Chi- beginning</td>
<td>1</td>
</tr>
<tr>
<td>152 N</td>
<td>Soccer- beginning</td>
<td>1</td>
</tr>
<tr>
<td>154 N</td>
<td>Swimming- beginning</td>
<td>1</td>
</tr>
<tr>
<td>155 N</td>
<td>Tennis- beginning</td>
<td>1</td>
</tr>
<tr>
<td>157 N</td>
<td>Weight Training- beginning</td>
<td>1</td>
</tr>
<tr>
<td>157 R</td>
<td>Circuit Training- beginning</td>
<td>1</td>
</tr>
<tr>
<td>160 N</td>
<td>Volleyball- beginning</td>
<td>1</td>
</tr>
<tr>
<td>161 F</td>
<td>Yoga for Fitness- beginning</td>
<td>1</td>
</tr>
<tr>
<td>161 N</td>
<td>Conditioning- beginning</td>
<td>1</td>
</tr>
<tr>
<td>161 Q</td>
<td>Aerobic Dance- beginning</td>
<td>2</td>
</tr>
<tr>
<td>161 R</td>
<td>Step Aerobics- beginning</td>
<td>2</td>
</tr>
<tr>
<td>161 T</td>
<td>Yoga- beginning</td>
<td>1</td>
</tr>
<tr>
<td>162 N</td>
<td>Zumba Aerobics – beginning</td>
<td>2</td>
</tr>
<tr>
<td>190/289 W</td>
<td>Personal Fitness- beginning</td>
<td>2</td>
</tr>
<tr>
<td>289 Q</td>
<td>Olympic Curling</td>
<td>1</td>
</tr>
</tbody>
</table>

**INTERMEDIATE**

<table>
<thead>
<tr>
<th>KNES</th>
<th>Description</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 O</td>
<td>Basketball- intermediate</td>
<td>2</td>
</tr>
<tr>
<td>131 O</td>
<td>Jogging- intermediate</td>
<td>2</td>
</tr>
<tr>
<td>134 O</td>
<td>Bowling- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>140 O</td>
<td>Tumbling and Balancing -Intermediate</td>
<td>1</td>
</tr>
<tr>
<td>144 R</td>
<td>Karate- intermediate</td>
<td>2</td>
</tr>
<tr>
<td>152 O</td>
<td>Soccer- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>154 O</td>
<td>Swimming- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>155 O</td>
<td>Tennis- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>157 T</td>
<td>Circuit Training- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>160 O</td>
<td>Volleyball- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>161 O</td>
<td>Conditioning- intermediate</td>
<td>1</td>
</tr>
<tr>
<td>161 S</td>
<td>Aerobic Dance - intermediate</td>
<td>2</td>
</tr>
<tr>
<td>161 V</td>
<td>Step Aerobics - intermediate</td>
<td>2</td>
</tr>
<tr>
<td>154 T*</td>
<td>Fitness Swimming – intermediate</td>
<td>1</td>
</tr>
<tr>
<td>154 W*</td>
<td>Lifeguard Training- intermediate</td>
<td>2</td>
</tr>
<tr>
<td>157 Q*</td>
<td>Body Building- intermediate</td>
<td>1</td>
</tr>
</tbody>
</table>

*Intermediate level - pre-requisite skills is assumed*

**ADVANCED**

<table>
<thead>
<tr>
<th>KNES</th>
<th>Description</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 P</td>
<td>Basketball- advanced</td>
<td>2</td>
</tr>
<tr>
<td>154 P</td>
<td>Swimming- advanced</td>
<td>1</td>
</tr>
<tr>
<td>155 P</td>
<td>Tennis- advanced</td>
<td>1</td>
</tr>
<tr>
<td>160 P</td>
<td>Volleyball- advanced</td>
<td>2</td>
</tr>
</tbody>
</table>

**The Dance department offer courses that may be applicable towards this requirement. Consult an advisor if you are interested in taking Dance courses.**
**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:

- KNES332 (former KNES389G) Fitness Assessment and Exercise Prescription [preq: KNES360] *
- KNES333 Physical Activity for Students with Special Needs [preq: KNES370; Junior Standing] *
- KNES355 Foundations of Sport Management [preq: KNES287; Junior Standing] *
- KNES389A London Sport & Culture [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] *
- KNES463 (former KNES 498G ) Principles and Methods of Physical Activity Interventions [preq: KNES350, KNES360] *
- KNES464 Exercise Metabolism: Role in Health and Disease [preq: KNES360] *
- KNES466 Graded Exercise Testing [preq: KNES360] *
- KNES480 Measurement in Physical Education [preq: KNES370 and Statistic] *
- KNES483 Sport Marketing & Media [preq: 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 498B Biomechanics Theory [preq: MATH141 or MATH221, KNES 300] *
  - KNES 498C Quantitative Methods of Cognitive Motor Behavior [preq: MATH115, KNES 300] *
  - KNES 498D Basketball and Black Masculinity [preq: KNES293] *
  - 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] *
  - KNES498L Adapted Physical Activity, Recreation and Sports for People with Disabilities [preq: KNES370] *
  - 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 498X Neural Engineering of Human Movement [preq: KNES385] *

Visit the KNES website at [www.sph.umd.edu/knes](http://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.
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: KNES360 with a grade of C- or better.

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

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 and KNES 400

*Individual KNES497 sections topics, descriptions and recommended background courses available at http://sph.umd.edu/KNES/ugrad/knesmajor/knes497.html
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:

- Professional and Graduate school: Students who want to apply for Professional or Graduate School may complete prerequisite courses as electives.
  - 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/
- 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 (SPH2363 - 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. Schedule an appointment with a KNES advisor (www.sph.umd.edu/knes/advising)
   b. Select a site and a supervisor (through an advisor's guidance, the listserv notices, or self-selection)
   d. Meet with Dr. Elizabeth Brown for internship approval.
   e. You will receive an email when you have the permission to register for the internship course.
   f. **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 Dr. Palla-Kane prior registering for an internship course.
- Students may only register for a total of **15 credits** of internship courses during the major.
- Internship course requirements:
   - KNES289 (BSCI201 and/or BSCI202 successfully completed)
   - KNES389 (Sophomore standing and at least 2 KNES core courses and BSCI BSCI201/202 completed)
   - KNES389K (Junior standing and at least 4 KNES core courses completed)
   - KNES498 (Senior standing; 5 or more KNES courses)
- Students are encouraged to complete a variety of internships 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. Stephen Roth (sroth1@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 293 History of Sport in America
   - KNES 300 Biomechanics
   - KNES 350 Psychology of Sport
   - KNES 360 Exercise Physiology
   - KNES 370 Motor Development
   - KNES 385 Motor Learning and Skilled Performance

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. Roth. 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 coursework 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.
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](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](mailto: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. Academic plans must be completed in the moment of entry in the major.

**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 dated 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](http://my.umd.edu)

b. **Registration Blocks.** Go to [http://my.umd.edu](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](http://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. Ana Palla-Kane (anapalla@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/](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/](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](http://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/](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/polexc/).

*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 Student Service Center (SPH1304).

**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**
- Dr. Ana Palla-Kane 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.
    - Dr. Palla-Kane 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.
# B.S. in Kinesiology – NEW KNES – Fall 13

## Unofficial Program Requirements Sheet*

*The Director of Kinesiology major will complete an official evaluation of student’s transcript prior entry in the major.

<table>
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<th>CORE</th>
<th>Support Courses</th>
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<td><strong>Fundamental Studies</strong></td>
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<td>MATH112/MATH113 (FM)</td>
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<td>ENGL101 (FE)</td>
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<td>Professional Writing: ENGL39</td>
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<td><strong>General Electives</strong></td>
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| **KNES CORE** | |
| KNES287 (SB, D) | 3 |
| KNES293 (SH) | 3 |
| KNES350 | 3 |
| KNES370 | 3 |
| KNES385 | 3 |
| KNES300 | 4 |
| KNES360 | 4 |

| **KNES Physical Activities** | |
| #1 | | |
| #2 | | |
| #3 | | |
| #4 | | |

| **KNES Upper Level: OPTION** | |
| #1 | 3 |
| #2 | 3 |
| #3 | 3 |
| #4 | 3 |

| **Foundations of Public Health in Kinesiology** |
| KNES400 | 3 |

| **KNES Independent Studies Seminar** |
| KNES497 (AS) | 3 |
Other important requirements/policies:
- ENGL101 and MATH 112/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](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](mailto:advisingknes@umd.edu)) or schedule an appointment online: [http://www.sph.umd.edu/KNES/advising](http://www.sph.umd.edu/KNES/advising)