Welcome

- Learn Kinesiology major requirements

Is this the major for you?

- Can the major lead you to the career you want?
- Can you be successful?

Careers in Kinesiology

- Fitness
  - Personal training, corporate fitness, performance training, wellness
- Medical fields
  - Physician, physician assistant, physical therapy, occupational therapy, athletic training, cardiac rehabilitation
- Sport and Exercise Careers
  - Teaching Physical Education and coaching
  - Sport physiology
  - Sport psychology
  - Sport history and sport sociology
  - Sport management, marketing and journalism

ADVISING KINESIOLOGY DEPARTMENT

- Schedule appointment online:
  - www.sph.umd.edu/knes/advising
- Email an advisor: advisingknes@umd.edu

JOIN KINESIOLOGY LISTSERV

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.

Major Requirements

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>CREDITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CORE or GENERAL EDUCATION</td>
<td>≥ 27 credits</td>
</tr>
<tr>
<td>Electives</td>
<td>≥ 32 credits</td>
</tr>
<tr>
<td>Support Courses</td>
<td>15 credits</td>
</tr>
<tr>
<td>KNES CORE</td>
<td>23 credits</td>
</tr>
<tr>
<td>KNES Physical Activities</td>
<td>4 credits</td>
</tr>
<tr>
<td>KNES Principles of Physical Activity KNES201 or KNES200</td>
<td>1 credit</td>
</tr>
<tr>
<td>KNES Upper Level &quot;OPTION&quot;</td>
<td>≥ 12 credits</td>
</tr>
<tr>
<td>KNES and Public Health – KINES400</td>
<td>3 credits</td>
</tr>
<tr>
<td>KNES Senior Independent Studies – KINES497</td>
<td>3 credits</td>
</tr>
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</table>

Minimum of 120 credits
General Education or Core Requirements

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

IMPORTANT:
Students must consult an advisor in order to find out if they must complete the General Education or CORE requirements.

Electives

- 32 credits: General electives
Courses can be taken in any department (Biology, Psychology, Community Health, Journalism, Physics, Chemistry, etc.)
- Career goals
- Prerequisites for Professional or Graduate School
- Undergraduate Research
- Scholars
- Study Abroad
- Gemstone and Honors programs
- Internships

Benchmarks

- Major required courses that must be completed by a specific time
- Successfully completing benchmarks = successful in completing degree
- Failure to complete the benchmarks = change of major
- Benchmark courses:
  - BSCI105, BSCI201 and BSCI202
  - KNES CORE courses
  - KNES 200 or KNES 201
- Benchmark Deadlines

Support Courses

Biology, Anatomy, Physiology

- BSCI105 - Principles of biology I [preq: MATH220 placement]
- BSCI201 - Human Anatomy and Physiology I [preq: BSCI105]
- BSCI202 - Human Anatomy and Physiology II [preq: BSCI201]

Statistics

- STAT100; EDMS451; BIOM301; BMGT230; ECON321; GVPT422; PSYC200; SOCY201

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

Kinesiology Core

- KNES 287 Sport and American Society
- KNES 293 History of Sport in America
- KNES 350 Psychology of Sport
- KNES 370 Motor Development
- KNES 385 Motor Control and Learning
- KNES 300 Biomechanics of Human Motion [preq: MATH112/MATH113, BSCI201]
- KNES 360 Physiology of Exercise [preq: BSCI201 and BSCI202]

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

KNES Physical Activity

- KNES 201 or KNES 200 = Kinesiological Principles of Physical Activity
- KNES Physical Activity courses
  - Minimum of 4 credits
  - 4 different skill activities
  - Courses must be completed with a “C-” or better

BEGINNING INTERMEDIATE

<table>
<thead>
<tr>
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<th>Credits</th>
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<tr>
<td>Soccer</td>
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</tr>
<tr>
<td>Tennis</td>
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<tr>
<td>Swimming</td>
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<tr>
<td>Trampoline</td>
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<tr>
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Benchmark Deadlines

- All benchmark courses must be completed with a "C-" grade or better.
- After admitted to UMD or in the Kinesiology major, students must complete BSCI105, BSCI201, BSCI202, and KNES Core courses at UMD.

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<th>Benchmark 1</th>
<th>Benchmark 2</th>
<th>Benchmark 3</th>
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<tr>
<td>by 2nd semester in the major</td>
<td>by 3rd semester in the major</td>
<td>by 4th semester in the major</td>
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<tr>
<td>BSCI 105</td>
<td>BSCI 201</td>
<td>BSCI 202</td>
</tr>
<tr>
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<td>2 KNES Core</td>
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KNES Upper Level “Option”

- 4 courses = 12 credits
  - KNES355 Foundations of Sport Management (preq: KnES287; Junior Standing)
  - KNES451 Children & Sport: A Psychosocial Perspective (preq: KNES350; Junior Standing)
  - KNES461 Exercise and Body Composition (preq: KNES360)
  - KNES465 Movement Disorders: Theory & Practice (preq: KNES360, BSCI202)
  - KNES464 Exercise Metabolism: Role in Health and Disease (preq: KNES360)
  - KNES465 Sport & Globalization (preq: KNES287; Junior Standing)
  - KNES498* Special Topics in Kinesiology – Different topics offered each semester

  Course prerequisites are not waived:
  Courses must be completed with a "C-" or better at UMD.

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

KNES400

Foundations of Public Health in Kinesiology

- All Kinesiology majors will have a foundational knowledge in Public Health as it relates to Kinesiology.
- Prerequisite: KnES360 with a grade of C- or better.
- KNES400 must be completed with a grade of C- or better.

KNES 497

Independent Studies Seminar

- KNES497 should be completed in the last semester in the major.
- Prerequisites:
  - Professional writing and Statistics
  - KnES 400

*Individual KNES497 sections topics, descriptions and recommended background courses are available online.

Summary

- KnES Internships
- KnES Honors Program
- Study abroad
- University Policies
- Consult an Advisor
- Schedule appointment: www.sph.umd.edu/knes/advising
- Email an advisor: advisingknes@umd.edu