

Bachelor of Science in Kinesiology

Kinesiology is the study of human movement and functionality. The Bachelor of Science (BS) in Kinesiology prepares students for professional positions in the rapidly growing healthcare, fitness, physical education, recreation, and rehabilitation fields or for graduate studies. Graduates can work in clinical, educational, corporate, or therapeutic organizations.

The Bachelor of Science in Kinesiology offers one transcripted concentration in Therapeutic Recreation (TR).

Admission Requirements

- Complete the Admission Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/admissions/undergraduate/>).

Special Considerations

- Students are required to complete two 1-credit practicum experiences in the community (sophomore and junior year).
- Students are required to complete 240-hours of internship (6 credits of KIN A495). Therapeutic Recreation students are required to complete 560 hours of internship (12 credits of KIN A495).

Graduation Requirements

- Complete the General University Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/>).
- Complete the General Education Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/gers/>).
 - For Quantitative Skills GERs MATH A121, MATH A151, or STAT A200 are recommended.
 - For Social Sciences GERs BA A151 and (PSY A111 or PSY A150) are recommended.
- Earn a minimum overall GPA of 2.75.
- Complete the following major requirements:

Code	Title	Credits
BA A151	Business Foundations	3
BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4
BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
DN A203 or DN A360	Nutrition for Health Sciences Sports Nutrition	3
KIN A181	Introduction to Kinesiology	3

KIN A182	Fundamentals of Biomechanics	2
KIN A280	Leadership in Kinesiology	3
KIN A281	Leadership in Activities for Special Populations	2
KIN A282	Leadership in Initiative Activities	2
KIN A284	Leadership in Fitness Activities	2
KIN A286	Leadership in Recreation and Sport Activities	2
KIN A287	Leadership in Outdoor Recreation Activities	2
KIN A289	Prevention and Care of Activity-Related Injuries	3
KIN A295A	Practicum I	1
KIN A382	Kinesiology and Biomechanics	4
KIN A383	Movement Theory and Motor Development	3
KIN A384	Cultural and Psychological Aspects of Health and Physical Activity	3
KIN A385	Physiology of Exercise	4
KIN A386	Current Issues in Health and Wellness	3
KIN A395	Practicum II	1
KIN A484	Exercise Testing and Prescription	4
KIN A486	Standards and Assessment in Kinesiology	3
KIN A487	Administration and Supervision in Kinesiology	3
KIN A495	Internship ¹	6-12
PSY A111 or PSY A150	Introduction to Psychology Lifespan Development	3
Advisor approved electives ²		18
Total		91-97

¹ KIN A495 must be completed with a minimum grade of B.

² Advisor approved electives cannot include KIN A260, KIN A263, KIN A364, KIN A366, KIN A465, or KIN A468.

Concentration in Therapeutic Recreation:

The Concentration in Therapeutic Recreation (TR) prepares students for exciting careers working with people who have disabilities and health conditions in a variety of settings, including assisted-living facilities, psychiatric and physical rehabilitation hospitals, children's hospitals, camps, and community-based recreation agencies, to name a few. The TR concentration is sequenced to cover all material in the National Council for Therapeutic Recreation Certification (NCTRC) Job Analysis and prepare students to sit for the NCTRC Certification Exam. The TR concentration requires an NCTRC-approved internship of 560 hours, under the supervision of an academic instructor and an internship supervisor who are both CTRS.

Students in the TR concentration will develop a wide variety of clinical skills necessary for the recreational therapist such as assessment, treatment planning, problem-solving, behavior analysis, appropriate intervention implementation, and evaluation. Through a combination of classroom and community experiences, students gain an understanding of consumer health needs within community-based programs as well as treatment-based services.

Code	Title	Credits
BA A151	Business Foundations	3
BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4
BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
DN A203 or DN A360	Nutrition for Health Sciences Sports Nutrition	3
KIN A182	Fundamentals of Biomechanics	2
KIN A280	Leadership in Kinesiology	3
KIN A281	Leadership in Activities for Special Populations	2
KIN A282	Leadership in Initiative Activities	2
KIN A284	Leadership in Fitness Activities	2
KIN A286	Leadership in Recreation and Sport Activities	2
KIN A287	Leadership in Outdoor Recreation Activities	2
KIN A289	Prevention and Care of Activity-Related Injuries	3
KIN A295A	Practicum I	1
KIN A382	Kinesiology and Biomechanics	4
KIN A383	Movement Theory and Motor Development	3
KIN A384	Cultural and Psychological Aspects of Health and Physical Activity	3
KIN A385	Physiology of Exercise	4
KIN A395	Practicum II	1
KIN A484	Exercise Testing and Prescription	4
KIN A487	Administration and Supervision in Kinesiology	3
KIN A495	Internship	12
PSY A111	Introduction to Psychology	3
Courses Specific to the Therapeutic Recreation Concentration:		
KIN A260	Foundations of Therapeutic Recreation	3
KIN A263	Assessment, Documentation, and Evaluation in Therapeutic Recreation	3

KIN A364	Techniques and Facilitation in Therapeutic Recreation	3
KIN A366	Program Dynamics in Therapeutic Recreation	3
KIN A465	Professional Issues in Therapeutic Recreation	3
KIN A468	Effective Management in Therapeutic Recreation	3
PSY A150	Lifespan Development	3
PSY A345	Psychopathology	3
Total		94

A minimum of 120 credits is required for the degree, of which 39 credits must be upper-division.

Honors in Kinesiology

The Bachelor of Science in Kinesiology recognizes distinguished achievement by conferring programmatic honors in kinesiology. In order to receive honors in kinesiology, a student must meet the following requirements:

- Meet the requirements for Graduating with Honors (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/academicstandardsregulations/graduation/>);
- Meet the requirements for a Bachelor of Science in Kinesiology;
- Earn an overall minimum GPA of 3.50;
- Complete an advisor-approved project.

Students should notify their faculty advisor, in writing, of their intention to graduate with honors before submission of the Application for Graduation.

Program Student Learning Outcomes

Students graduating with a Bachelor of Science in Kinesiology will be able to:

Graduates of the BS in Kinesiology will be able to:

1. Apply kinesiology-related concepts, theories, and frameworks to health, wellness, and quality of life.
2. Critically evaluate research related to physical activity and its impact on health and chronic disease.
3. Design, implement and evaluate physical activity programs based on relevant standards and research that promote health and quality of life for diverse populations.
4. Demonstrate effective leadership skills in varied contexts as demonstrated by
 - a. Writing outcomes
 - b. Selecting appropriate activities including progression, modification, and variation
 - c. Motivational activities
 - d. Venue selection and suitability
 - e. Safety/risk management

5. Advocate for, and demonstrate the importance of, a physically active lifestyle personally and professionally as a means to improve quality of life and reduce the risk and prevalence of lifestyle-related diseases.

Graduates of the Therapeutic Recreation Concentration will additionally be able to:

1. Demonstrate competency in entry-level recreational therapist practice in regard to the cognitive (knowledge), psychomotor (skills) and affective (behavior) learning domains.
2. Meet entry-level clinical job task skills as outlined on the National Council for Therapeutic Recreation Certification (NCTRC) Job Analysis.
3. Assume an advocacy role for individuals with disabilities, injuries, illnesses, and underrepresented populations.
4. Assume the role of an active member and advocate for the profession.
5. Demonstrate awareness of the requirements for gaining professional credentialing (national certification by the National Council for Therapeutic Recreation Certification (NCTRC)).