

# Bachelor of Science in Kinesiology

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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, recreation and rehabilitation fields or for graduate studies. Graduates can work in clinical, educational, corporate, or therapeutic organizations.

## Enrolling in Health, Physical Education and Recreation Courses

**Acknowledgement of Risk, Release of Liability and Medical Questionnaire Form:** During the first class session, students will receive information about the course. A verbal description will be provided about the inherent risks associated with specific areas and activities. Students may be asked to complete an acknowledgment of risk form and/or a release of liability statement and provide personal medical information and numbers. Students may be asked to obtain a physical examination and medical consent from a health professional before participation in classes.

**Minors:** Sixteen- and 17-year-old students must receive department chair approval before they will be allowed to enroll in courses. Students under 16 cannot enroll in HPER classes. Approved students must also meet the university's Secondary School Student Enrollment Requirements (<https://catalog.uaa.alaska.edu/academicpoliciesprocesses/academicstandardsregulations/secondarystudents/>).

The university or the department reserves the right to deny or discontinue the enrollment of a student in a course or courses if the university or the department determines that the student lacks the maturity, intellectual ability or academic preparedness to participate on an equal footing with other students, or if it is otherwise not in the best interest of the university or the department for the student to participate.

**Behavioral Expectations:** Due to the inherent risks involved in activity courses, HPER's safety and risk management policies and procedures are strictly enforced. Students are expected to comply with all policies and procedures. HPER reserves the right to withdraw from a course any student(s) who fail(s) to demonstrate adherence to policy that may pose a safety risk to themselves or others.

Any financial reimbursements related to such withdrawals are subject to standard university refund policies.

**Outdoor/Adventure Courses:** HPER provides outdoor adventure education through the use of hands-on techniques. Course offerings are diverse and include topics such as backpacking, rock climbing, sea kayaking, winter camping, emergency medicine and wilderness leadership. Outdoor/adventure classes are held in Alaska's wilderness, an environment that can pose a risk to even the most experienced outdoor leader.

Students may be required to perform activities in extremely inclement weather i.e., rain, sleet, snow, wind or sub-zero temperatures. Additionally, there is an assumption that a minimum level of physical fitness is needed to succeed in and enjoy many of the activities. Consequently, before enrolling in these courses, students should review the following information.

1. **Physical Fitness Level:** Many 100-level courses have been designed for the student with an average level of fitness and health, e.g., a student would be expected to comfortably travel five miles over easy terrain. If a higher than average fitness level is required, a special note will identify the necessary level of fitness.
  - a. **Good fitness** is defined as above-average fitness relative to a typical, healthy adult. Courses that require good fitness will involve a moderate degree of physical activity, and may involve travel over challenging terrain, carrying a pack weighing up to 50 pounds, or multiple hours of exercise. A student who is physically or mentally unprepared to withstand a moderate amount of exercise should not enroll in the course.
  - b. **Excellent fitness** is defined as possessing health of outstanding quality or being in remarkably good physical condition. Excellent fitness is required for expedition courses. Expedition courses include difficult to extremely difficult terrain on uneven and steep ground with rapidly increasing elevation while carrying a backpack that may weigh 50 pounds or more in less than ideal weather. A student who is physically or mentally unprepared to withstand an intense amount of exercise with challenging conditions should not enroll in the course.
2. **Venue and Terrain Difficulty:** Students will hike and travel in a variety of environments in outdoor/adventure courses. The following breakdown provides an overview of terrain difficulty.
  - a. **Easy terrain** can be negotiated by novices. Traveling is usually done on well-maintained trail systems; it can include hiking, skiing or snowshoeing; elevation gains/losses generally under 500 feet per mile; and stream crossings of calf-deep or less. Off-trail touring includes traveling on firm ground over gentle terrain.
  - b. **Moderate terrain** requires good physical fitness. Traveling is usually done on rugged trails or off-trail. The hiking often includes inclines/declines of 500 to 1,500 feet per mile. Off-trail travel can include bushwhacking; uneven, wet or marshy ground; scrambling up, over or around small terrain features; and river crossings up to knee deep.
  - c. **Difficult terrain** requires excellent physical fitness. Traveling is usually done offtrail and can include uneven, challenging ground; lack of firm footing; steep tundra, rock or scree; wet, snowy or icy slopes, and thigh- to waist-deep river crossings. Specialized gear may be required for travel.
  - d. **Extremely difficult terrain** requires excellent physical fitness. Traveling is done off trail and participants must be prepared to endure all of the features listed under "difficult terrain" for long hours and potentially multiple days. Specialized gear is usually required for travel.
3. **Student Health Insurance:** Students enrolling in many outdoor/adventure activity courses are provided with basic health insurance coverage during the field sessions only. This policy is intended

to supplement personal policies and does not include the cost of emergency evacuation.

## Licensure and/or Certification

Students may become eligible, through selected courses of study, to take national exams for licensure and/or certification.

Potential licenses or certification opportunities include:

- American College of Sports Medicine (personal trainer, exercise physiologist)
- National Strength and Conditioning Association (Certified Strength and Conditioning Specialist)
- National Council for Therapeutic Recreation Certification (Certified Therapeutic Recreation Specialist)
- Wellness Coach

Please go to UAA's Authorization by State ([https://www.uaa.alaska.edu/academics/office-of-academic-affairs/provost\\_office/uaa-state-authorization/authorization.cshhtml/](https://www.uaa.alaska.edu/academics/office-of-academic-affairs/provost_office/uaa-state-authorization/authorization.cshhtml/)) website for information about licensure or certification in a state other than Alaska.

## 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 a six credit 240-hour internship.

## 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 or MATH A151 or STAT A200 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 <sup>1</sup>	6
Advisor approved electives		18
PSY A111 or PSY A150	Introduction to Psychology Lifespan Development	3
<b>Total</b>		<b>91</b>

<sup>1</sup> KIN A495 must be completed with a minimum grade of B.

**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 GPA of 3.50 or higher.
- 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:

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.