

KINESIOLOGY, BS

The major in Kinesiology (BS) offers two concentrations of study: Exercise Science and Physical Education. An Accelerated Master's Program (AMP) is offered for highly motivated students concentrating in Exercise Science.

Exercise Science

Kinesiology majors with a concentration in Exercise Science take coursework designed to prepare them for employment in a number of professional settings and for continued graduate work in a variety of health-affiliated fields. These include options related to physical therapy, occupational therapy, physician's associate, medicine, biomechanics, prosthetics, pharmacy, dentistry, clinical exercise physiology, cardiac rehabilitation, private and corporate wellness, fitness centers/university recreation settings, personal training, group fitness instruction, and strength and conditioning coaching.

Physical Education

Kinesiology majors with a concentration in Physical Education study as a cohort. The core classes account for elementary, secondary, and advanced methods that teach students how to use various teaching styles and curriculum models as they relate to different grade and age levels. Early field experiences are embedded within these methods and content courses and serve as preparation for the culminating student-teaching internship. Students also take courses in the exercise sciences, which are foundational to teaching physical education, as well as general education classes.

Students pursuing the Kinesiology, BS must complete the program core as listed below along with the requirements in their selected concentration.

Kinesiology Program Core		Hours
ATR 272	First Aid, Safety & CPR	1
BSC 215	Human Anatomy & Physiology I	4
KIN 303	Physiology of Exercise	3
KIN 365	Applied Biomechanics	3
KIN 366	Evaluation and Measurement	3
KIN 468	Adapted Physical Education	3
Total Hours		17

Exercise Science

The concentration in Exercise Science includes general studies requirements, the 17-hour Kinesiology Major Core Courses, required Exercise Science Concentration Courses, and 33 hours of Approved Exercise Science Electives. Students must complete 120 semester hours as specified below. This program does not lead to professional certification as a teacher.

General Studies: 47 hours

See general studies requirements listed earlier in this section. The following exceptions apply:

- Area II: Student may substitute a different Area II course for the public-speaking requirement.
- Area III: BSC 114/BSC 115, BSC 108, or BSC 109; and CH 100, CH 101, or CH 104 should be taken to fulfill the Natural Sciences requirement.

Professional Studies:

Exercise Science Concentration Courses		Hours
Students select ONE of the following: BSC 108, BSC 109, or BSC 114 (with BSC 115)		4
BSC 108	Intro Biology Non Maj I	
BSC 109	Intro Biology Non Maj II	
BSC 114 & BSC 115	Principles Of Biology I and Laboratory Biology I	
BSC 216	Human Anatomy & Physiology II	4
CH 100, CH 101, or CH 104		4-5
KIN 367	Exercise is Medicine	3
KIN 392	Clinical Exercise Physiology	3
KIN 492	Advanced Ex Phys	4
KIN 493	Fit Apprsl Exer Prescrip	3
KIN 494	Strength and Conditioning	3
KIN 488	Internships-Fitness	3

Approved Exercise Science Electives: 33 hours

Students completing the concentration in Exercise Science must complete a minimum of 33 hours of electives from the following list. Classes not on the list may be approved at the discretion of Exercise Science faculty. Selections should be discussed with an advisor in the Department of Kinesiology before registering each term.

Code and Title	Hours	
ATR 257	Intro to Athletic Training	3
BSC 116 & BSC 117	Principles Biology II and Laboratory Biology II	4
BSC 242	Microbiology And Man	4
BSC 300	Cell Biology	3
BSC 315	Genetics	3
BSC 450	Fundamentals of Biochemistry	3
CH 102	General Chemistry	4
CH 231	Elem Organic Chemistry I	3
CH 232 & CH 237	Elem Organic Chem II and Elem Organic Chem Lab	5
HD 203	Medical Terminology	2
HHE 280	Understanding Stress Mngt	3
HHE 350	Introduction to Public Health	3
HHE 370	Prin/Foundatn Health Promotion	3
HHE 467	Design Eval Health Promo	3
KIN 199	Ecol Appr Hlth & Fitness	3
KIN 200	Weight Mgt Principles	3
KIN 300	Intro to Kinesiology	3
KIN 306	Tchg Inv, Strike/Field, Target	3
KIN 352	Psychology of Coaching	3
KIN 362	Motor Development	3
KIN 370	Coaching Soccer	3
KIN 380	Coaching Officials	3
KIN 381	Coaching Football	3
KIN 382	Coaching Basketball	3
KIN 383	Coaching Baseball	3

KIN 386	Coaching Volleyball	3
KIN 387	Adapted Sports Prof. Dev.	1 to 3
KIN 388	Professional Dev. in Fitness	3
KIN 420	Issues in Athletics Coaching	3
KIN 486	Internships-Disability Sport	3 to 6
KIN 488	Internships-Fitness (additional hours)	1 to 9
KIN 491	Sport Exercise & Social Scienc	3
KIN 496	Independent Study (Instructor permission is required.)	3
NHM 101	Intro Human Nutrition	3
NHM 201	Nutrition In Life Cycle	3
NHM 210	Dynamics Weight Control	3
NHM 305	Vegetarian Nutrition	3
NHM 315	Nutrition For Performance	3
NHM 401	Nutrition Health Profesn	3
PH 101	General Physics I	4
PH 102	General Physics II	4
PY 211	Elem Statistical Methods	3
PY 352	Developmental Psych	3
PY 358	Psychopathology	3
SPE 300	Survey Spe Accomd Stratg	3

advisor approved math electives: MATH 113, MATH 125 (Credit will only be granted for one math course.)

Accelerated Master's Program (AMP) for students concentrating in Exercise Science

The Accelerated Master's Program (AMP) allows highly motivated students concentrating in Exercise Science to take courses that dual count toward the BS in Kinesiology degree as well as toward an MA in Kinesiology degree (with coursework focusing on Exercise Science). Upon completion of the undergraduate degree, students take additional coursework during year 5 to complete the 30-hour MA degree. Students are not obligated to complete the master's degree and choosing not to complete it will not adversely affect the ability to earn the BS degree.

Eligibility

Eligibility requirements for students in the BS in Kinesiology (Exercise Science Concentration) program can be found on the Accelerated Master's Program catalog page. In addition students must have taken (or be enrolled in) KIN 303 before applying. Students apply through the Graduate School during the final semester of the junior year.

For more information, contact Dr. Jonathan Wingo at (205) 348-4699 or jwingo@ua.edu, or navigate to <https://graduate.ua.edu/amp/>.

Physical Education

[NOTE: Students should consult with their advisor before registering each term for current requirements.]

Kinesiology majors pursuing certification in physical education are typically interested in teaching as their main focus. Many of our students are also interested in coaching as well as strength and conditioning and often have volunteer opportunities to gain experience while undergraduates.

This concentration requires the completion of hours as specified and leads to the Bachelor of Science degree and Alabama Class B Physical Education (P-12) professional educator certification. Students who have completed all 100- and 200-level requirements and have a UA GPA—and,

if transfer work, a cumulative GPA—of at least 2.50 may apply to the physical education teacher education (PETE) cohort in the fall semester of the junior year.

The Class B Physical Education program is a State-approved program and is subject to change. The undergraduate catalog is published annually. DegreeWorks is updated more frequently and is likely to provide the most up-to-date information on degree and other requirements. In addition, students should obtain the most recent advising sheets available from the faculty advisor, Dr. Elizabeth Woodruff, or from academic advisors in 104 Carmichael Hall. Students are expected to consult with advisors each term prior to registering for coursework.

General Studies: 54 hours

Courses that are common to the teaching field and the general studies component may be applied to both. See general studies requirements, listed earlier. The following exceptions apply:

- Area II: Courses should be selected to meet teaching field or prerequisite requirements.
- Area III: BSC 109 Intro Biology Non Maj II or BSC 114 Principles Of Biology I/BSC 115 Laboratory Biology I should be selected to meet prerequisite requirements.
- Area IV: Courses should be selected to meet teaching field or prerequisite requirements.
- Area V: In addition to those courses listed in General Requirements, BSC 215 Human Anatomy & Physiology I or BSC 216 Human Anatomy & Physiology II and ATR 272 First Aid, Safety & CPR should be selected from remaining hours. CAT 200 Comp Ed App and CAT 250 Comp Ed Curr Dev are required. EDU 200 Orient to Teacher Education is also required.

Teaching Field:

Physical Education Teaching Field		Hours
KIN 303	Physiology of Exercise	3
KIN 305	Dance & Gymnastics	3
KIN 306	Tchg Inv, Strike/Field, Target	3
KIN 307	Teach Trk & Fld/Net Game	3
KIN 310	Teaching Swimming	3
KIN 311	Tch Hlth Related Fitness	3
KIN 351	Secondary Clinical Experience	3
KIN 360	Subj Matter Elem Physical Educ	3
KIN 361	Elem Phys Ed Curr Phil Theory	3
KIN 362	Motor Development	3
KIN 365	Applied Biomechanics	3
KIN 468	Adapted Physical Education	3

Total Hours **36**

Professional Studies:

Students must earn grades of C- or higher in each of the following professional studies courses. No more than five professional studies courses may be taken prior to admission to TEP (see advisor for appropriate course sequence). The University of Alabama GPA—and, if transfer work, the cumulative GPA—must be at least 2.50 in these courses. KIN 350 Secondary Curriculum must be taken concurrently with KIN 351 Secondary Clinical Experience.

Physical Education Professional Studies		Hours
BEF 362	School, Culture, and Society	3
BEP 305	Educational Psychology	3

KIN 350	Secondary Curriculum	3
KIN 366	Evaluation and Measurement	3
KIN 487	Physical Educ Teach Pract *	3
KIN 497	Internship Phys Education *	12
SPE 300	Survey Spe Accomd Stratg	3
EDU 400	Internship Seminar *	1
Total Hours		31

NOTE: BEP 362, KIN 366, and SPE 300 may be taken prior to TEP admission. BEP 305 and KIN 350 must be taken prior to TEP admission.

Footnotes

* TEP admission is required.

Admission to the PETE methods cohort is competitive. Meeting minimum requirements does not guarantee admission. Rather, students who meet stated criteria are guaranteed consideration for admission to the teacher education program (TEP). All students must begin the PETE methods cohort in the fall semester.

An individual may request from his or her advisor information concerning summative data on the most recent previous admission.

NOTE: Students will apply to TEP while they are enrolled in KIN 350 Secondary Curriculum. They must meet TEP admission requirements, have a 2.50 GPA (UA and cumulative) in areas I-V and all coursework, and have completed an application. Applications for TEP are available in 104 Carmichael Hall.

Career opportunities for Kinesiology majors with a concentration in Exercise Science include personal training, exercise physiology, strength and conditioning coaching, corporate wellness, and research technician positions. The degree also prepares students for graduate study in a number of areas, including sport science, exercise physiology, public health, epidemiology, physical therapy, occupational therapy, physician's associate, medicine, biomechanics, prosthetics, kinesiotherapy, pharmacy, dentistry, clinical exercise physiology, cardiac rehabilitation, wellness, recreation, and strength and conditioning.

Career opportunities for Kinesiology majors with a concentration in Physical Education include physical education teacher (P-12), athletic coach, athletic director, strength and conditioning coach, camp leadership, community recreation, adaptive physical education specialist, health and wellness instructor, fitness instructor, adventure/outdoor educator, and more. Students who go on to graduate school study for advanced practitioner degrees or degrees which enable them to study and teach sport instruction in university settings.

Learn more about opportunities in this field at the Career Center