

Kinesiology 2010-2011 Student Handbook



Table of Contents

SECTION I

Welcome Statement
Mission Statement
Kinesiology Faculty and Staff Contact Information
Kinesiology Club

SECTION II

Kinesiology Emphases
Pre-Admission Criteria
Kinesiology Curriculum Planner
Kinesiology Major Graduation Requirements
University Graduation Requirements
Academic Integrity/Dishonesty
Faculty Advising

SECTION III

Course Descriptions
Kinesiology Internships
Certifications
Career Opportunities
Professional Organizations and Websites

SECTION I.

Welcome Statement

Welcome to the Kinesiology Department! We are excited that you have chosen to become one of our Kinesiology majors. If you have not already done so, you will soon have the opportunity to work with our knowledgeable, enthusiastic and friendly faculty and staff who take great pride in their work. These professionals will provide you with excellent academic advising, teaching and opportunities for personal growth during your time with us. For example, the faculty and staff of the department have created this manual to help you experience success both at UWO as well as within the Kinesiology major.

It has been our experience that the most successful Kinesiology students have excelled because of their ability, enthusiasm and effort to achieve the program's academic goals. As you choose your courses and focus your area of study, I would also encourage you to explore the many opportunities that will come your way outside of the classroom. Your undergraduate experience is a journey where we hope you will achieve your goals and attain the highest level of personal growth, development, and academic achievement possible. I encourage you to get to know your assigned faculty advisor. Should you have any questions or concerns during the course of your studies at UW-Oshkosh, these individuals are trained to guide you.

I am confident that our Kinesiology curriculum will prepare you for future challenges in the field and that your student life experiences at UW-Oshkosh will lead to life-long friendships.

Once again, welcome to our department. As one of our new Kinesiology majors, I wish you every success.

Sincerely,

Dr. Dan Schmidt, Chair
Department of Kinesiology
University of Wisconsin Oshkosh

A. Kinesiology Faculty and Staff

<p>Craig Biwer, MS, ATC, CSCS, HFS Location: Albee Hall 101B Phone: 920-424-3070 Email: biwerc@uwosh.edu</p>	<p>Kim Calvert, MS, ATC, PES Location: Kolf 169G Phone: 920-424-3227 Email: calvertk@uwosh.edu</p>
<p>Jack Johnsen, MS, ATC, CSCS Location: Kolf 169K Phone: 920-424-1200 Email: johnsenj@uwosh.edu</p>	<p>Tom Last Location: Albee Hall 104 Phone: 920-424-7129 Email: biwerc@uwosh.edu</p>
<p>Leigh Ann Mrotek, PhD Location: Albee Hall 102 Phone: 920-424-1323 Email: mrotekl@uwosh.edu</p>	<p>Wade Peitersen, MS, ATC Location: Kolf 169L Phone: 920-424-7138 Email: peiterse@uwosh.edu</p>
<p>Christopher Pfaffenroth, MS Location: Albee Hall 109 Phone: 920-424-0891 Email: @uwosh.edu</p>	<p>Sue Polzin Location: Albee Hall 108 Phone: 920-424-0834 Email: polzin@uwosh.edu</p>
<p>Dan Schmidt, PhD, ACSM, CSCS Location: Albee Hall 106 Phone: 920-424-2321 Email: schmidtw@uwosh.edu</p>	<p>Rob Sipes, EdD, ATC, CSCS Location: Kolf 169H Phone: 920-424-1298 Email: sipesr@uwosh.edu</p>
<p>Lyndsey Stier, MS, ATC Location: Kolf 169J Phone: 920-424-3225 Email: stierl@uwosh.edu</p>	<p>Kristopher Williams, MS, CSCS Location: Albee Hall 101 Phone: 920-424-3251 Email: williamk@uwosh.edu</p>

Other Kinesiology Phone Numbers:

Albee Room 9 (Albee Hall Strength and Fitness Center) 920-424-3428

Albee Room 12 (Fitness Assessment Lab) 920-424-1810

Kolf Athletic Training Room 920-424-7142

B. Kinesiology Club

- I. The purpose of this organization is to provide opportunities and information to Kinesiology students of the University of Wisconsin Oshkosh. Programming will be available to members to increase their knowledge, skills, and abilities in the field of Kinesiology. Events and activities will aid in the student member's preparation to become well-equipped professionals driven to promote healthy living in a variety of populations through exercise, sports, and healthy environments.
- II. Members will be provided with opportunities to enhance their classroom preparation in health, exercise & fitness, nutrition, wellness promotion, strength & conditioning, sports, biomechanics, exercise physiology, motor behavior, and other science based-human movement studies. Knowledge opportunities through networking with other students and professionals and through educational based programs, workshops, speakers, and conferences will be offered. Members can contribute to community service through healthy volunteer events.
- III. To become a member: go to www.orgsync.com; click login; begin to register as a new user; choose UW-Oshkosh as your school; create your account; from your home location click join an org (upper left hand corner of the screen); search for Kinesiology Club, click join send an email asking to be a member. The club will send you a confirmation email shortly.

Executive Board (2009-2010)

Kayla Sharpee (President)

Kyle Ritschard (Vice President and Treasurer)

Whitney Moll (Secretary)

Jen Dunnington/Julie Schwefel (Volunteer Chair)

Adrian Willett (Recreational Activities Chair)

Kristi Konsella (Educational Speakers & Events Chair)

Adam Jagodinsky (Fundraising Chair)

Jena Viesselmann (Public Relations Chair)

SECTION II.

A. Kinesiology Emphases

- The **Kinesiology major with Exercise & Fitness emphasis** will prepare students to work with the general population to improve health, fitness and wellness. This program will exceed the accreditation standards of the accrediting body in Kinesiology (Commission on Accreditation of Allied Health Education Programs – CAAHEP) and will prepare students to take the ACSM's (American College of Sports Medicine) Health and Fitness Specialist (HFS) certification exam.
- The **Kinesiology major with Healthcare-Science emphasis** is parallel to established programs at the university. This program will prepare students to continue with graduate education to obtain the requisite knowledge for healthcare professions. The emphasis will prepare students for careers in areas such as Medical Doctor, Cardiac Rehabilitation Specialist, Physical Therapy, Occupational Therapy, Physician's Assistant, etc.
- The **Kinesiology major with Strength & Conditioning emphasis** will prepare students to train people to improve athletic performance in high-level athletic events. The students will be prepared to take the National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS) certification exam.

B. Kinesiology Admission Criteria

Admission to Dept. of Kinesiology Majors

Phase One*:

Any student interested in completing a major (Bachelor of Science) in the Dept. of Kinesiology (Kinesiology major {Exercise and Fitness emphasis or Strength and Conditioning emphasis}) should enroll in the following courses during their first semester:

- Bio 105 Biological Concepts (4)
- Kinesiol 121 Orientation to Kinesiology (1)
- Kinesiol 170 Medical Terminology (1)
- **Psych 101 General Psychology (3)**

Students desiring the Healthcare Science emphasis are not affected. There is no admission criteria for the Healthcare Science emphasis.

*NOTE: Students may take Phase One and Phase Two courses concurrently and apply for program admissions in the spring semester.

Phase Two:

* Prior to the admission deadline the student should determine which program of study they wish to pursue. Students must select one program they anticipate applying for. Formal application for program admissions should be submitted during the second semester.

Exercise & Fitness or Strength & Conditioning – 2nd Semester
Bio 211 Human Anatomy (3)
Kinesiol 122 Kinesiology Adm. Seminar (1)
Kinesiol 171 Prev., Rec., & Tx. Of Ath. Inj. (3)
Kinesiol 173 Applied Anatomy and Kinesiology (2)

C. Kinesiology Curriculum Planners (Sample Academic Plans)

See Kinesiology Website for sample academic plans.

D. Kinesiology Major Graduation Requirements

All courses within the Kinesiology major must have a grade of “C” or better. A major GPA of 2.75 and a cumulative GPA of 2.25 is also required before the student can register for their Kinesiology Internship.

E. University Graduation Requirements

- **Summary of Degree Requirements Common to All Colleges**
 - All baccalaureate degrees require the completion of **at least 120** earned term units (crs.) (passing grades of A, A-, B+, B, B-, C+, C, C-, D+, D, D-, or P or their equivalents). Units (crs.) from the University of Wisconsin Oshkosh, other accredited institutions, and the University of Wisconsin Oshkosh approved Prior Learning programs may be used to meet this requirement. Note: Remedial courses do not count in the 120 credits required.
 - At least 42 units (crs.) of the 120 unit (cr.) total must be earned in General Education coursework.
 - At least 30 units (crs.) of the 120 term units (crs.) applied to the degree must be earned **in University of Wisconsin Oshkosh courses.**
 - **At least 15 of the last 30 term units** (crs.) applied to the degree must be earned in the University of Wisconsin Oshkosh courses.
 - **A minimum of 35** of the 120 term units (crs.) must be earned in upper level courses (those earned at the University of Wisconsin Oshkosh numbered 300 and above or units (crs.) earned at a transfer institution and defined as upper-level by the

standards of that institution).

- All degrees require that a minimum **grade point average of 2.00** (on a 4.00 scale) be achieved in each of the following categories;
- official UW Oshkosh grade point average. Units (crs.) attempted shall be defined as any units (crs.) for which a grade of A, A-, B+, B, B-, C+, C, C-, D+, D, D-, or F, or their equivalents, has been assigned;
- all upper-level units (crs.) attempted;
- all units (crs.) attempted in courses identified by departments or programs as applicable to the major and/or minor requirements; (unless otherwise specified)
- all courses eligible for application to the English composition requirement portion of the University's General Education requirement.

NOTES: All calculations of the official grade point average will be based upon the academic record as maintained by the University of Wisconsin Oshkosh. If a course is repeated, the last grade received will be the one calculated in the grade point average. A grade of Incomplete from another institution will not be carried into the record maintained at the University of Wisconsin Oshkosh.

- All baccalaureate degrees require the **completion of the University's General Education requirements.** In addition, special course and grade point requirements of a particular degree, curriculum, major and/or minor selected by the student must be met.
- The **Bulletin** used to determine these requirements must have been current during the student's attendance at the University of Wisconsin Oshkosh, or at any other regionally accredited college or university, and may be no more than 6 years old at the time of graduation. Within this 6-year time frame, students may choose a more recent Bulletin published for degree, major, minor or general education requirements.

Exceptions to this policy include:

- Changes in policy and/or procedures made during the six-year period will automatically be effective for the transfer or readmitted student unless the policy change(s) specifically allows continuance under the old policy and/or procedures.
- **Special Degree Requirements Common to Bachelor of Arts and/or Science Degrees in the College of Letters and Science**

In addition to the general education requirements (Section III. A), students working toward either a Bachelor of Arts or Bachelor of Science degree in the College of Letters and Science are required to complete as stated below, an approved academic major; completion of an approved minor is usually optional. However, some majors require that a minor also be completed.

- **Additional Requirements for the Bachelor of Science (BS)**

- **Mathematics/Statistics/Computer Science:** One course from the following in mathematics/Statistics/Computer Science:
 - Calculus: Mathematics 171, 172, 175, 206
 - Statistics: Mathematics 201, 301, Economics 210, Geography 385, Psychology 203, 341, Sociology 281, Criminal Justice 281
 - Computer Science: Computer Science 221, 262
 - Each course listed has a Mathematics course as a prerequisite. Students must complete the prerequisite course with a grade of "C" or better prior to enrolling in any of the listed courses. In some cases the prerequisite can be met via the
 - UW System Mathematics Placement Exam.
- **Humanities:** At least 12 units (crs.) must be taken from the Humanities area. Of these units (crs.), at least one course must be taken from three of the following four course areas: 1) Art, Drama, Music; 2) Literature; and 3) Philosophy, Religious Studies; and 4) Foreign Languages.
- **Social Science:** At least 12 units (crs.) must be taken from at least two of the Social Science areas. One must include 3 units (crs) of history.
- **Speech Communication:** Either Fundamentals of Speech Communications, Communication 111, must be completed or the oral communication competency exam must be passed. (See Communication Department for details).
- **Natural Science (NS):** Four courses are required:
 - Two must be from laboratory science courses from one of the following departments: Biology/Microbiology, Chemistry, Geography, Geology, and Physics/Astronomy. The first course must be the prerequisite for the second.
 - A third course must be a laboratory science course from a department other than the one offering the two courses above.
 - The fourth course must be either: a) a course for which the third course is a prerequisite, OR b) a laboratory science course from a third department, OR c) a course from those listed under the B.S. Math Requirement (not used to fulfill the Math Requirement).
- **Specific College and Program Graduation Requirements**

Baccalaureate Degree Requirements- The University offers eleven baccalaureate degrees; all degrees require a minimum of 120 units (crs.) for graduation. Specific requirements for all degrees may be obtained from this Bulletin, the appropriate College, or from an academic advisor.

Many program areas have special requirements, which must be met before students can begin a particular area of study. For example, some professional, clinical, and other sequences accept students into the program only after a period of prior academic preparation. Such programs have academic requirements for admission, which are published, either in the **Bulletin** or in a separate document available from the appropriate department.

College of Letters and Science

Students completing the baccalaureate degree with a College of Letters and Science major must complete a minimum of 35 units (crs.) of upper level course work. Also, at least 96 units (crs.) must be in Letters and Science course work. No more than 24 of the 120 units (crs.) required for graduation may be taken from professional college courses. Courses classified as "professional" for this purpose are: All nursing courses (Nursing); all education courses (Services Courses through Human Services and Counselor Education), departmental courses for teaching methods, physical education activity courses beyond 4 units (crs.), physical education majors' courses for teachers; all business courses (Business) except Business 131; mathematics courses for teaching arithmetic, Physics/Astronomy 201 (Statistics) and Physics/Astronomy 202 (Dynamics); and courses in surveying, engineering drawing (Practical Arts).

F. Student Support Services

The University has many support services available to assist with the needs of our student population. The University's Student Handbook provides details of these services. To review this handbook, please visit their website:

<http://www.uwosh.edu/stuaff/studenthandbook/>.

G. Academic Integrity/Dishonesty Information

- Academic misconduct is an act in which a student:
 - (a) Seeks to claim credit for the work or efforts of another without authorization or citation;
 - (b) Uses unauthorized materials or fabricated data in any academic exercise;
 - (c) Forges or falsifies academic documents or records;
 - (d) Intentionally impedes or damages the academic work of others;
 - (e) Engages in conduct aimed at making false representation of a student's academic performance; or
 - (f) Assists other students in any of these acts.
- Examples of academic misconduct include, but are not limited to: cheating on an examination; collaborating with others in work to be presented, contrary to the stated rules of the course; submitting a paper or assignment as one's own work when a part or all of the paper or assignment is the work of another; submitting a paper or assignment that contains ideas or research of others without appropriately identifying the sources of those ideas; stealing examinations or course materials; submitting, if contrary to the rules of a course, work previously presented in another course; tampering with the laboratory experiment or

computer program of another student; knowingly and intentionally assisting another student in any of the above, including assistance in an arrangement whereby any work, classroom performance, examination or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed. History: Cr. Register, February, 1989, No. 398, eff. 3-1-89.

- To review complete definitions and potential disciplinary sanctions, visit this website: <http://www.uwosh.edu/dean/studentdisciplinecode.html>

H. Faculty Advising

All majors are assigned an academic advisor at the time they are admitted into the Kinesiology major. A major function of the advisor is to work with the student in designing their curriculum, so they not only complete the requirements of the program but also maximize the worth of their undergraduate education. Another purpose of an academic advisor is to give students counsel with respect to their intended career directions.

Although faculty and staff will do their best to follow your progress, it is THE STUDENT'S responsibility to make absolutely sure they complete all degree requirements and are thus eligible to graduate.

SECTION III.

A. Course Descriptions

- **Kinesiology 121** 1 unit (cr.) **Orientation to Kinesiology** An introduction to Kinesiology which is an integrated program of study utilizing information from several core science areas. Topics will include: the range of employment opportunities in Kinesiology; roles and responsibilities of Kinesiologists in society; professional ethics.
- **Kinesiology 122** 1 unit (cr.) **Kinesiology Admissions Seminar** This course consists of activities for students to learn more about the professions related to Kinesiology and to prepare for admission into programs in the Dept. of Kinesiology. Prerequisite: A grade of "B" or better in Kinesiology 121.
- **Kinesiology 170** 1 unit (cr.) **Medical Terminology** This course will introduce the prospective athletic training student to terminology utilized in upper level coursework and healthcare settings. Prerequisite: Open to students with a major or minor in the Department of Kinesiology and Health only.
- **Kinesiology 171** 2 units (crs.) **Prevention, Recognition, and Treatment of Athletic Injuries** This course provides an introduction to injury prevention,

recognition, and treatment strategies. Injury prevention principles, injury classification, and common injuries will be surveyed. Prerequisite: A grade of "B" or better in Kinesiology 121.

- **Kinesiology 173** 2 units (crs.) **Applied Anatomy and Kinesiology** This course provides an in-depth study of musculoskeletal anatomy and function as it applies to human performance and dysfunction. Prerequisite: A grade of "B" or better in Kinesiology 170.
- **Kinesiology 201** 1 unit (cr.) **Strength Training Techniques** An introductory weight training course designed to present material related to the training and conditioning of athletes as well as general population. This is achieved through in-class demonstration and application of proper weight training techniques consisting of supplemental, complex, core strength and Olympic lifting exercises. Prerequisite: Successful completion of Kinesiology 122.
- **Kinesiology 280** 3 units (crs.) **Biomechanics** Structural and mechanical principles involved in human movement; contribution of these principles to the efficiency of human movement. Prerequisite: Successful completion of Kinesiology 122 and Biology 211. Successful completion or concurrent enrollment in Biology 212.
- **Kinesiology 331** 2 units (crs.) **Motor Learning** This course guides the study of the principles of motor skill performance and learning and the application of these theories to physical activities, learners and various environments. Prerequisite: Psychology 101; successful completion of Kinesiology 122.
- **Kinesiology 349** 3 units (crs.) **Behavioral Aspects of Kinesiology** This course introduces students to psychological, or behavioral, aspects of sport, exercise, and physical activity. The course will explore factors that affect performance and psychological development in sport, exercise, and physical activity. The course will address psychological factors in Kinesiology as well as psychological development and well-being. Prerequisite: Psychology 101 and successful completion of Kinesiology 122.
- **Kinesiology 350** 3 units (crs.) **Physiology of Exercise** The study of the body's physiological responses and adaptations to acute and chronic bouts of exercise. Training techniques and enhanced physical performance will be emphasized for Athletic Training and Physical Education (PreK-12 Teacher Preparation Emphasis and Exercise Science and Health Promotion Emphasis) majors. Prerequisites: Successful completion of Kinesiology 122 and Biology 211 and 212.
- **Kinesiology 351** 3 units (crs.) **Clinical Nutrition & Weight Management** Introduction to the principles of optimal nutrition, supplementation, and weight management as it relates to active and athletic populations. There is additional focus on the needs resulting from special circumstances (i.e. eating disorders, pregnant athletes, etc.). Prerequisites: Biology 212 and successful completion of Kinesiology 122.
- **Kinesiology 352** 3 units (crs.) **Fitness Assessment Techniques** A study of testing and evaluation procedures that are commonly used in preparing a health/fitness profile for adult participants in an exercise program. Concepts and techniques in utilizing modern fitness testing instruments and equipment will be taught. Students will also learn to prescribe exercise for sedentary and active

populations. Prerequisite: Kinesiology 350.

- **Kinesiology 361** 3 units (crs.) **Medical Aspects of Kinesiology** The course will focus on medically related risks and benefits associated with the performance of exercise and physical activity. Chronic disease states, acute disease states, pharmacological issues, special populations, and musculoskeletal injuries will be discussed. Prerequisite: Kinesiology 350.
- **Kinesiology 368** 2 units (crs.) **Research Techniques in Kinesiology** The course prepares students to learn to design, critique, and prepare a research proposal utilizing AMA (American Medical Association) or APA (American Psychological Association) guidelines and present the proposal to peers and faculty. Basic statistical concepts will be reviewed and incorporated into the student's proposal. Prerequisites: Successful completion of Kinesiology 122 and one of the following: Psychology 203, Psychology 341, Sociology 281, Math 201, Math 301, Criminal Justice 281, or Economics 210.
- **Kinesiology 370** 3 units (crs.) **Principles of Strength Training and Conditioning** Principles and theory of strength training and conditioning for athletic and sedentary populations will be taught. The course will be based on the principles, concepts, and guidelines for strength and conditioning according to the National Strength and Conditioning Association (NSCA). This course will prepare the student to apply the proper strength training and conditioning exercises for the athletic and sedentary populations based on the goals, indications, contraindications, and physical evaluation of the individual. Prerequisite: Kinesiology 350.
- **Kinesiology 371** 3 units (crs.) **Strength and Conditioning Program Design** The focus of this course is to develop the many principles of strength training and conditioning, with the final outcome being a comprehensive strength and conditioning manual developed by the student over the course of the semester. In doing so, the student will manipulate many training variables learned in previous courses to design a program that will aid in injury prevention and performance enhancement. Prerequisite: Kinesiology 370.
- **Kinesiology 390** 1-3 units (crs.) **Current Topics** Intensive and critical study of current topical issues in physical education or recreation chosen in advance by the instructor and/or the department. Prerequisite: Open to students with a major or minor in the Department of Kinesiology and Health only.
- **Kinesiology 401** 1 unit (cr.) **Performance Assessment in Kinesiology** This course will prepare students to assess physical/athletic performance parameters critical to success in athletic/activity settings. The focus will be on administering a reliable and valid testing battery, assessing and interpreting performance data, and developing a plan based on the test data. Prerequisite: Kinesiology 370 or concurrent enrollment in Kinesiology 370.
- **Kinesiology 405** 2 units (crs.) **Exercise and Fitness Leadership** This course will emphasize the principles, concepts, and guidelines of adult fitness according to the American College of Sports Medicine (ACSM). Principles of development, progression, and organization of an adult exercise program will be emphasized. Kinesiology 405 is part of a series of courses that will help familiarize the student with the ACSM Certified Health Fitness Specialist. Prerequisite: Kinesiology 201,

Kinesiology 350.

- **Kinesiology 407** 3 units (crs.) **Clinical Experience in Exercise and Fitness** The course is designed to provide practical, hands-on experience in activities that promote the development of skills and techniques relating to fitness assessment, program management and supervision, and exercise leadership. On-campus experiences will be the primary assigned activity. (Off-campus/community placements may be arranged if deemed necessary.) Prerequisite: Kinesiology 405.
- **Kinesiology 425** 1 unit (cr.) **Current Topics in Kinesiology** This course is designed to facilitate creative and critical thinking of current issues in the ever-changing field of Kinesiology. Topics will be chosen based on their relevance at the time and will feature guest lecturers both from within and outside the University. Prerequisite: Kinesiology 350.
- **Kinesiology 443** 2 units (crs.) **Exercise Modification and Progression in Strength and Conditioning** This course is designed to give the student knowledge and experience in exercise modification for many different types of individuals/settings (those with physical limitations, injured clients, advanced athletes, settings with minimal equipment, etc.). Alternative methods of strength and conditioning will be demonstrated. This course will also reinforce and expand on strength and conditioning principles, ideas, and concepts developed in previous courses. Prerequisite: Kinesiology 370 and Kinesiology 361.
- **Kinesiology 446** 1-3 units (crs.) **Independent Study** See Independent Study under Course and Academic Advisement Policies information for and proper contract form requirements. Prerequisite: Open to students with a major or minor in the Department of Kinesiology and Health only.
- **Kinesiology 447** 2 units (crs.) **Administration and Facilities Management in Kinesiology** This course is designed to give the student knowledge in several aspects of managing a strength and conditioning facility. Facility design, day-to-day management, and administration of the strength and conditioning facility will be discussed. Topics such as facility planning and design, scheduling, maintenance, legal responsibilities, and budgeting will be introduced. Prerequisite: Kinesiology 370.
- **Kinesiology 456** 1-3 units (crs.) **Related Readings** See Related Readings under Course and Academic Advisement Policies information for general course description, general prerequisites, and proper contract form requirements. Prerequisite: Open to students with a major or minor in the Department of Kinesiology and Health only.
- **Kinesiology 461** 1-3 units (crs.) **Clinical Experience in Strength and Conditioning** This course is designed to provide students with clinical experience in the strength training and conditioning environment. Students will be asked to apply classroom knowledge, skills, and abilities through this clinical experience. Clinical assignments will be coordinated through the Strength and Conditioning program director. Prerequisite: Kinesiology 370; Current valid CPR certification (American Red Cross or American Heart Association); Criminal background check must be completed prior to clinical placement.
- **Kinesiology 474** 1-6 units (crs.) **Honors Thesis** Honors thesis projects include any advanced independent endeavor in the student's major field of study e.g., a

written thesis, scientific experiment or research project, or creative arts exhibit or production. Proposals (attached to Independent Study contract) must show clear promise of honors level work and be approved by a faculty sponsor. Course title for transcript will be 'Honors Thesis.' Completed projects will be announced and presented to interested students and faculty. Prerequisite: Open to students with a major or minor in the Department of Kinesiology and Health only.

- **Kinesiology 480** *12 units (crs.)* **Internship in Kinesiology** The internship provides the opportunity for development and practice at a worksite. Theory, principles and techniques, as well as the skills learned in the classroom. Students are placed in selected business, industry and commercial settings as well as selected strength and conditioning sites. Prerequisite: Completion of all other undergraduate requirements. Department consent required.

B. Kinesiology Internships

The internship provides the opportunity for development and practice at a worksite. Theory, principles and techniques, as well as the skills learned in the classroom should be utilized at the internship site. Students search for internships in selected business, industry and commercial settings as well as selected strength and conditioning sites. Many companies, corporations, wellness centers, and universities have established internship placements that are offered on a semester basis. Search for these internships using the internet or if you are interested in recent internships by our graduates, internship placement evaluation forms are located in the Kinesiology office (Albee 108). There are several internship sites within the Fox Valley, the state, and at the national level. Below is a list of websites (not an all inclusive list) that provide internships or internship information.

- www.internsearch.com
- <http://phfr.com/InternshipFinder/Search.aspx>
- www.exercisecareers.com
- www.medicalfitness.org
- www.corporatefitnessworks.com
- www.hfit.com
- www.nscf-lift.org
- www.ncaa.org
- www.footballscoop.com
- www.internabroad.com/listings.cfm/interntypeID/64
- www.velocitysp.com/internships
- www.job-search-engine.com/keyword/exercise-science-internship

C. Certifications

During the last semester of the student's college career, sitting for and passing a national certification exam should be one of the main goals to be attained during that time. Below is

a list of certifications that the UW-Oshkosh Kinesiology department suggests for its' graduating students:

American College of Sports Medicine- Health and Fitness Specialist

-Scope of Practice

The ACSM Certified Health Fitness Specialist (HFS) is a degreed health and fitness professional qualified to pursue a career in university, corporate, commercial, hospital, and community settings. The HFS is skilled in the following:

1. Conducting risk stratification.
2. Conducting physical fitness assessments and interpreting results.
3. Constructing appropriate exercise prescriptions for healthy adults and individuals with controlled conditions released for independent physical activity.
4. Motivating apparently healthy individuals with medically controlled diseases to adopt and maintain healthy lifestyle behaviors.
5. Motivating individuals to begin and continue with their healthy behaviors.

-Requirements for becoming an ACSM Certified Health Fitness Specialist

To become an ACSM Certified Health Fitness Specialist you must meet all of the following minimum requirements: Current Minimum Requirements

- Associate's or Bachelor's Degree in a health-related* field from a regionally accredited college or university (you are eligible to sit for the certification exam if you are in the last term or semester of your degree program)
 - * Examples: Exercise Science, Kinesiology, Exercise Physiology, Physiology, Physical Education, Human Performance, Movement Science, Kinesiotherapy, Athletic Training, Physical Therapy, Nutrition, Nursing, Physician Assistant, Health Care Administration, Sports Management, Health Science, Recreation Management/Science, Community Health, Public Health, and Health Promotion, Occupational Therapy, Biology.
- Current Adult CPR certification with a practical skills component (such as the American Heart Association or American Red Cross)

*****Minimum Requirements as of July 1, 2011*****

- Bachelor's degree in Kinesiology, Exercise Science or other exercise-based degree.*
- * Candidate must have course work in anatomy, physiology, and a minimum of 18 credits in exercise science course work including courses in exercise physiology, biomechanics (kinesiology), exercise prescription, and fitness testing.
- Current Adult CPR certification with a practical skills component (such as the American Heart Association or American Red Cross)

National Academy of Sports Medicine PES

An elite training program for fitness and enhanced athletic performance, the NASM Performance Enhancement Specialist (NASM PES) is designed for athletic trainers, chiropractors, physical therapists, coaches and other sports professionals who want to work with players at all levels, from the secondary education and university tier, to professional and Olympic level athletes.

The PES offers:

- Professionals the ability to learn cutting-edge performance assessment techniques, sport-specific program design.
- Scientifically-valid, evidence-based applications which achieve remarkable results with top professionals and weekend warriors alike.
- Human movement science, postural considerations, the elements of an integrated performance profile and assessment, integrated program design, and nutrition.

In an increasingly competitive professional environment, with the added pressure of media attention, athletes have to perform at increasingly higher levels and still avoid injury. To help them succeed, the advanced techniques in the NASM PES will help performance enhancement professionals create highly individualized, integrated training programs that enrich training and enhance performance. The NASM PES is the highest-level advanced qualification in the industry. It is the definitive training program for fitness and professional athletic performance.

The Performance Enhancement Specialist (NASM PES) Advanced Specialization integrates the science and the solutions for optimal sports training success!

NASM-CES (Corrective Exercise Specialist)

The NASM Corrective Exercise Specialist (NASM-CES) Advanced Specialization was developed in response to the growing need for professionals with the ability to assist clients experiencing musculoskeletal impairments, muscle imbalances or rehabilitation concerns. The NASM-CES provides the advanced knowledge, skills and abilities to successfully work with clients suffering from musculoskeletal impairments, imbalances or post-rehabilitation concerns.

The Course

With eleven modules of information on important corrective exercise topics such as movement assessments, inhibitory techniques, muscle activation techniques and common musculoskeletal impairments, the CES personal training program arms professionals with the most innovative education tools and techniques for optimal results. The NASM-CES is delivered online for your convenience.

The Market

Increasing your professional potential is easy when you look at the condition of individuals around the world. Statistics have shown the overwhelming need for health and fitness professionals to obtain the knowledge skills and abilities to work with clients who suffer from musculoskeletal impairments. Today, injuries have placed enormous strains on individuals entering the health clubs and an even greater demand for corrective exercise specialists.

National Strength and Conditioning Association- Certified Strength and Conditioning Specialist

- **Scope of Practice**

Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

- **History**

The Certified Strength and Conditioning Specialist (CSCS) program was created in 1985 to identify individuals who possess the knowledge and skills to design and implement safe and effective strength and conditioning programs for athletes in a team setting. The credentialing program encourages a higher level of competence among practitioners and raises the quality of strength training and conditioning programs provided by those who are CSCS certified.

Today, more than 21,000 professionals from a variety of academic and professional backgrounds hold this prestigious credential. This diverse group includes strength coaches, athletic trainers, physical therapists, personal trainers, physicians, chiropractors, researchers and educators. The CSCS is the only strength training and conditioning certification to be nationally accredited by the National Commission for Certifying Agencies (NCCA) and has been nationally accredited since 1993.

- **Prerequisites**

Registrants must submit an original, official transcript of their academic work, showing attainment of at least a bachelor's degree (BS/BA) or chiropractic medicine degree granted by an accredited institution. College seniors can also take the Certified Strength and Conditioning Specialist exam; however, they must be currently enrolled in an accredited institution.* For college seniors, the NSCA Certification will not release exam scores until transcripts verifying graduation and noting the degree earned have been received.**

* *Within the United States:* To be eligible to take the CSCS examination, candidates must hold at a bachelor's degree or currently be enrolled as a college senior from an institution that is accredited by one of the six regional accrediting associations (e.g., North Central

Association of Colleges and Schools).

*** Individuals enrolled as seniors at colleges or universities are eligible to sit for the CSCS examination. College seniors will receive a pass/fail notification approximately five to seven weeks after the exam administration. However, college seniors who pass the CSCS exam do not become CSCS certified until: (1) they have graduated from college and (2) the NSCA Certification receives their original, official transcript verifying graduation and the degree earned. Once the NSCA Certification receives the required documentation (original, official transcript verifying graduation and the degree earned), the NSCA Certification will release the actual score reports and certificates (if passed).*

Current CPR and AED certification is also a requirement. If you do not have current CPR and AED certification, you can still register for and take the CSCS exam. The NSCA Certification will accept any adult CPR and AED certification obtained by attending a CPR and AED course that meets the following criteria:

- Must have a hands-on training component (certification through a course completed entirely online will not be accepted)
- Must include a skills performance evaluation

Examples of accepted CPR and AED certifications include

- American Heart Association (Heartsaver)
- Red Cross (including Blended Learning First Aid/CPR/AED Program)
- National Safety Council
- St. John Ambulance

The NSCA Certification will not release exam scores until documentation of valid CPR and AED certification has been received.

D. Career Opportunities

The discipline of kinesiology has as its focus the study of human movement. Students graduating with the degree of Bachelor of Science in Kinesiology are prepared as independent critical thinkers who possess an extensive understanding of the domain of physical activity and the intellectual study of human movement. Given the rapidly emerging focus that is being paid to the role of physical activity in all elements of a healthy lifestyle, the discipline of kinesiology has become a particularly attractive area of study. Because of its breadth of focus, kinesiology provides an excellent foundation for numerous professional and scientific careers. Listed below are selected examples of career directions that a degree in kinesiology can provide.

- Occupational Therapy (graduate school required)
- Athletic Director (graduate school suggested)
- Physical Therapy (graduate school required)
- Athletic Administration (graduate school required)
- Physicians Assistant (graduate school required)

- Rehabilitation
- Chiropractor (graduate school required)
- Exercise Physiology (graduate school required)
- Cardiac Rehabilitation (graduate school suggested)
- Health/Fitness Consultant
- Corporate Fitness
- Personal Training
- Strength & Conditioning
- Research Scientist
- Graduate Study
- Sports Psychology (graduate school required)

E. JOB SEARCH SITES ON THE WEB (Not an all inclusive list)

- www.wellnessconnection.com
- www.WorkInSports.com
- www.AcademicCareers.com
- www.ideafit.com
- www.quintcareers.com/sports_jobs.html
- www.phfr.com
- www.exercisejobs.com/
- www.indeed.com/q-Exercise-Science-jobs.html
- www.healthcareerweb.com/jobs/search/?q=Exercise+Science
- www.acsm.org
- www.nasca-lift.org
- www.ihrsa.org
- www.fitnessmanagement.com
- www.ffc.com

F. Professional Organizations and Websites

The program strongly encourages its majors to become active in one or more of the professional organizations appropriate for their career direction. Activity within a professional organization, (e.g. attending its meetings, participating in seminars/webinars sponsored by professional groups) can be extremely beneficial in terms of expanding one's knowledge, meeting professionals from outside of UW-Oshkosh, and learning of job/graduate school opportunities.

Below is a list of various organizations and the contact person/number. Most groups, but not all, have a "student membership" category that means a student can derive the benefits from belonging to an appropriate professional organization at a relatively low or nominal membership cost.

KINESIOLOGY, EXERCISE SCIENCE AND EXERCISE PHYSIOLOGY

AAASP Association for the Advancement of Applied Sport Psychology
801 Main Street, Suite 010
Louisville, CO 80027.
303-494-5931 www.aaasponline.org

AACVPR American Association of Cardiovascular and Pulmonary Rehab
608-831-6989 (Ask for local chapter information) www.aacpr.org

AAHPERD American Alliance for Health, Physical Education,
Recreation & Dance Membership entitles you to membership in two of
the AAHPERD Associations and their sub-groups.
www.aahperd.org

AAPA American Academy of Physician Assistants
950 North Washington Street
Alexandria, Virginia 22314-1552
1-703-836-2272 www.aapa.org

ACA American Chiropractic Association
1701 Clarendon Blvd.
Arlington, Virginia 22209
800-986-4636 Fax: 703-243-2593 www.amerchiro.org

ACE (IDEA)* American Council on Exercise
1-800-999-IDEA (International Dance Exercise Association)
www.acefitness.org

ACSM* American College of Sports Medicine (National Chapter)
1-317-637-9200 www.acsm.org

AFAA* American Fitness Aerobics Association of America
1-800-445-5950 www.afa.com

AMA American Medical Association
515 N. State Street
Chicago, IL60610.
(312)464-5000 www.ama-assn.org/

APA American Psychological Association, Division 47:
Exercise and Sport Psychology
750 First Street, NE, Washington, DC 20002-4242.
(202)336-5500 - 1-800-374-2721 www.apa.org

APTA American Physical Therapy Association
1-800-999-2782 www.apta.org

AOTA American Occupational Therapy Association
4720 Montgomery Lane
Box 31220, Bethesda, MD 20824-1220
www.aota.org

ASEP American Society of Exercise Physiologists
Dr. Tommy Boone, Director
Exercise Physiology Laboratories,
The College of St. Scholastica
1200 Kenwood Avenue,
Duluth, MN 55811
218-723-6297 www.asep.org

CSCCA* Collegiate Strength and Conditioning Coaches Association
PO Box 7100
University Station
Provo, UT 84602
(801) 375-9400
www.cscca.org/index.php

IHRSA International Health, Racquet and Sportsclub Association
Seaport Center
70 Fargo Street
Boston, MA 02210
www.ihrsa.org

NASM National Academy of Sports Medicine
26632 Agoura Rd.
Calabasas, CA 91302
www.nasm.org/

NASPE National Association for Sport and Physical Education
1-703-476-3400 www.aahperd.org/naspe

NASPSPA North American Society for the Psychology of Sport and
Physical Activity
Noreen Goggin, Ph.D., University of North Texas,
Dept. of Kinesiology, Health Promotion and Recreation,
P.O. Box 311337, Denton, TX 76203 1337.
Goggin@unt.edu <http://www.naspspa.org>

NATA National Athletic Trainers Association
214-637-6282 www.nata.org

NSCA* National Strength & Conditioning Association
P.O. Box 81410

Lincoln, Nebraska 68501

www.nasca-lift.org

USAW United States of America Weightlifting Association

<http://weightlifting.teamusa.org/>

1 Olympic Plaza

Colorado Springs, CO 80909

*Upon or before graduation many of the Kinesiology majors seek certification in various fields, to expand their qualifications and increase job opportunities. Becoming certified by a nationally recognized organization in areas such as fitness instructor, cardiac rehabilitation, and exercise program director can be powerful credentials to add to your professional resume. This program encourages majors to seek out information on the certification programs that are available.