

# Kinesiology Student Manual

UNIVERSITY OF  
WISCONSIN



**OSHKOSH**

College of Letters and Science

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# SECTION I.

## Welcome Statement

Welcome to the Department of Kinesiology! We are excited that you have chosen to become one of our students. 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 three Kinesiology majors.

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, we 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. We 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.

We are confident that our curricula 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. We wish you every success.

Sincerely,

Dr. Dan Schmidt and Dr. Robert Sipes  
Co-Chairs, Department of Kinesiology  
University of Wisconsin Oshkosh

## A. Kinesiology Faculty and Staff

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<p>Robert Sipes, EdD, ATC,          Location: Kolf 169H          Phone: 920-424-1298          Email: <a href="mailto:sipesr@uwosh.edu">sipesr@uwosh.edu</a></p>	<p>Brian Wallace, PhD, CSCS          Location: Albee Hall 104          Phone: 920-424-0843          Email: <a href="mailto:wallaceb@uwosh.edu">wallaceb@uwosh.edu</a></p>
<p>Kristopher Williams, MS, CSCS          Location: Albee Hall 101          Phone: 920-424-3251          Email: <a href="mailto:williamk@uwosh.edu">williamk@uwosh.edu</a></p>	<p>Jennifer Zuberbier, MS, ATC          Location: Kolf 169J          Phone: 920-424-3225          Email: <a href="mailto:zuberj@uwosh.edu">zuberj@uwosh.edu</a></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: please attend a Kinesiology Club meeting and sign up!

# SECTION II.

## A. Kinesiology Majors

The **Exercise & Sport Science major** utilizes a strong scientific base and experiential learning components for students interested in the field of Kinesiology, including careers in fitness, health, and wellness. If you want to pursue a career in physical health and wellness, or enjoy helping people achieve health and fitness goals, the Exercise and Sport Science major is for you.

- **Required Credits:** 60 minimum
- **Required Pre-Admission Courses: 9 credits**
  - Kinesiology 121 Orientation to Kinesiology (1 cr)
  - Kinesiology 122 Kinesiology Admissions Seminar (1 cr)
  - Kinesiology 170 Medical Terminology (1 cr)
  - Kinesiology 171 Prevention, Recognition, & Treatment of Athletic Injuries (2 cr)
  - Biology 211 Human Anatomy (4 cr)
  -
- **Required Courses: 29 credits minimum**
  - Biology 212 Human Physiology (4)
  - Kinesiology 173 Applied Anatomy and Kinesiology (3)
  - Kinesiology 201 Strength Training Techniques (1)
  - Kinesiology 331 Motor Learning (3)
  - Kinesiology 340 Biomechanics (3)
  - Kinesiology 349 Behavioral Aspects of Kinesiology (3)
  - Kinesiology 350 Physiology of Exercise (3)
  - Kinesiology 351 Nutrition for Health & Performance (3)
  - Kinesiology 352 Performance Assessment Techniques (3)
  - Kinesiology 447 Admin. & Facilities Mgmt in Kinesiology (3)
- **Required Internship: 12 credits required**
  - Kinesiology 480 Internship in Kinesiology (12)
- **Elective Courses: 10 credits minimum**
  - Kinesiology 104 AED, CPR, and First Aid (1)
  - Kinesiology 200 Strength & Conditioning Practicum (1)
  - Kinesiology 202 Advanced Strength Training Techniques (1)
  - Kinesiology 320 Business of Wellness (3)
  - Kinesiology 368 Research Techniques (3)
  - Kinesiology 370 Principles of Strength Training and Conditioning (3)
  - Kinesiology 371 Strength and Conditioning Program Design (3)
  - Kinesiology 380 Running Injuries, Assessment, & Intervention (3)
  - Kinesiology 405 Group Exercise Leadership (1)
  - Kinesiology 407 Clinical Experience in Exercise Science (3)
  - Kinesiology 410 Applied Biomechanical Principles and Techniques (3)
  - Kinesiology 425 Current Topics in Kinesiology (1-3)
  - Kinesiology 443 Progressive Training Techniques (2)
  - Kinesiology 450 Advanced Exercise Physiology (3)

- Kinesiology 446 Kinesiology Independent Study (1-3)
- Kinesiology 461 Clinical Experience in Strength Training & Conditioning (3)
- Kinesiology 474 Honors Thesis

The **Rehabilitation Science major** utilizes a strong scientific base and flexible curriculum options for students interested in healthcare fields, preparing students for graduate programs in athletic training, physical therapy, occupational therapy and chiropractic medicine. Students who select the Rehabilitation Science majors are often embarking on journeys that involve graduate school. Many students seek professional licensure to become athletic trainers, physical therapists, occupational therapists, chiropractors, and more.

- **Required Credits:** 63 minimum
- **Required Pre-Admission Courses: 9 credits**
  - Kinesiology 121 Orientation to Kinesiology (1 cr)
  - Kinesiology 122 Kinesiology Admissions Seminar (1 cr)
  - Kinesiology 170 Medical Terminology (1 cr)
  - Kinesiology 171 Prevention, Recognition, & Treatment of Athletic Injuries (2 cr)
  - Biology 211 Human Anatomy (4 cr)
- **Required Courses: 29 Credits**
  - Biology 212 Human Physiology (4)
  - Kinesiology 173 Applied Anatomy and Kinesiology (3)
  - Kinesiology 201 Strength Training Techniques (1)
  - Kinesiology 280 Biomechanics (3)
  - Kinesiology 331 Motor Learning (3)
  - Kinesiology 349 Behavioral Aspects of Kinesiology (3)
  - Kinesiology 350 Physiology of Exercise (3)
  - Kinesiology 351 Nutrition for Health & Performance (3)
  - Kinesiology 361 Medical Aspects of Kinesiology (3)
  - Kinesiology 368 Research Techniques (3)
- **Kinesiology Electives (choose 10 credits):**
  - Kinesiology 104 AED, CPR, and First Aid (1)
  - Kinesiology 200 Strength & Conditioning Practicum
  - Kinesiology 202 Advanced Strength Training Techniques (1)
  - Kinesiology 320 Business of Wellness
  - Kinesiology 352 Performance Assessment Techniques (3)
  - Kinesiology 370 Principles of Strength Training and Conditioning (3)
  - Kinesiology 371 Strength and Conditioning Program Design (3)
  - Kinesiology 380 Running Injuries, Assessment, & Intervention (3)
  - Kinesiology 405 Group Exercise Leadership (1)
  - Kinesiology 407 Clinical Experience in Exercise Science (3)
  - Kinesiology 410 Applied Biomechanical Principles and Techniques
  - Kinesiology 425 Current Topics in Kinesiology (1-3)
  - Kinesiology 443 Progressive Training Techniques (2)
  - Kinesiology 447 Admin. & Facilities Management in Kinesiology (3)

- Kinesiology 450 Advanced Exercise Physiology
- Kinesiology 446 Kinesiology Independent Study (1-3)
- Kinesiology 461 Clinical Experience in Strength Training & Conditioning (3)
- Kinesiology 474 Honors Thesis
- Graduate School Prerequisites (Choose 15 credits of courses to cover prerequisites for graduate programs)

The **Strength & Conditioning major** The Strength and Conditioning major at UW Oshkosh utilizes an educational curriculum grounded in evidence-based research and a variety of clinical experiences to provide students with the knowledge, skills and abilities to develop training programs for those with the primary goal of improving athletic or sport performance.

- **Required Credits:** 63 minimum
- **Required Pre-Admission Courses: 9 credits**
  - Kinesiology 121 Orientation to Kinesiology (1 cr)
  - Kinesiology 122 Kinesiology Admissions Seminar (1 cr)
  - Kinesiology 170 Medical Terminology (1 cr)
  - Kinesiology 171 Prevention, Recognition, & Treatment of Athletic Injuries (2 cr)
  - Biology 211 Human Anatomy (4 cr)
- **Required Credits:** 54 minimum
  - Biology 212 Human Physiology (4)
  - Kinesiology 104 AED, CPR, and First Aid (1)
  - Kinesiology 173 Applied Anatomy and Kinesiology (3)
  - Kinesiology 201 Strength Training Techniques (1)
  - Kinesiology 202 Advanced Strength Training Techniques (1)
  - Kinesiology 331 Motor Learning (3)
  - Kinesiology 340 Biomechanics (3)
  - Kinesiology 349 Behavioral Aspects of Kinesiology (3)
  - Kinesiology 350 Physiology of Exercise (3)
  - Kinesiology 351 Nutrition for Health & Performance (3)
  - Kinesiology 352 Performance Assessment Techniques (3)
  - Kinesiology 370 Principles of Strength Training & Conditioning (3)
  - Kinesiology 371 Strength & Conditioning Program Design (3)
  - Kinesiology 447 Admin. & Facilities Mgmt in Kinesiology (3)
  - Kinesiology 443 Progressive Training Techniques (2)
  - Kinesiology 461 Clinical Experience in Strength Training & Conditioning (3)
  - Kinesiology 480 Kinesiology Internship (12)



## **B. Kinesiology Admission Criteria**

Admission to the majors within the Department of Kinesiology is competitive; students interested in applying should submit an admissions portfolio the semester in which the requirements are met. Portfolios are assessed and the top students gain entry into each major. Minimum grade requirements include: grade of B or better in Kinesiology 121, passing grade in Kinesiology 122, and grade C or better in Biology, 211 and Kinesiology 170. A GPA requirement of 2.75 and C or better in all Kinesiology courses is required to complete the major. Students also submit a cover letter, resume, and essay in an online portfolio. Further information is provided on the department website and in Kinesiology 122.

## **C. Kinesiology Curriculum Planners (Sample Academic Plans)**

See Kinesiology Website for sample academic plans. (4-year plans are available under Resources)

## **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 for graduation. All general baccalaureate degree requirements required of the University of Wisconsin Oshkosh and the College of Letters and Science must also be met.

## **E. 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/>.

### **UWO RESOURCES**

The Dean of Students Office (DOS) helps students in navigating the university, particularly during difficult situations, such as personal, financial, medical, and/or family crises. DOS assists students with Out of Class Letters to faculty, Late Withdrawals/Drop for personal or medical issues, advocacy, and coordinates care for students through the Student Care Team. Please visit <http://www.uwosh.edu/deanofstudents>

The Counseling Center at the University of Wisconsin Oshkosh assists students in overcoming challenges and achieving wellness while honoring the dignity and worth of each person. If you are interested in making an appointment, please call (920) 424-2061. <https://uwosh.edu/counseling/> If you are

experiencing a crisis and the Counseling Center is not open, please contact 911, Winnebago County Mental Health at (920) 233-7707, or your residence life staff member.

*If you have experienced sexual assault, intimate partner violence, stalking, and/or harassment: Contact the Sexual & Interpersonal Violence Prevention Coordinator at (920) 424-2024 or via a confidential email at [advocate@uwosh.edu](mailto:advocate@uwosh.edu). Information on reporting bias incidents can be found at: <https://uwosh.edu/counseling/emergency-services/>*

The Student Resource page includes contacts for the Academic Support, Tutoring, Project Success, Reading Study Center, Writing Center & First-Generation Student Support among other links: <https://uwosh.edu/current-students>

If you have food insecurity, the campus has recently added a food pantry: <https://uwosh.edu/today/82520/uwo-students-respond-to-food-insecurity-on-campus-with-new-food-pantry/>

Students are advised to see the following URL for disclosures about essential consumer protection items required by the Students Right to Know Act of 1990: <https://uwosh.edu/financialaid/consumer-information/>

#### Academic Misconduct:

You are expected to know and understand the Student Discipline Code. It can be found at the following link: <http://www.uwosh.edu/deanofstudents/university-policies-procedures/academic-misconduct>

## **F. 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. To review complete definitions and potential disciplinary sanctions, visit this website:

<http://www.uwosh.edu/dean/studentdisciplinecode.html>

## **G. Faculty Advising**

All majors are assigned an academic advisor at the time they are admitted into the Department of Kinesiology majors. A primary 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 104** *1 unit (cr.)* **AED, CPR, and First Aid** This course will prepare students to use an Automated External Defibrillator, perform Cardiopulmonary Resuscitation, and First Aid. Prerequisite: Declared major or minor in Department of Kinesiology. Special fees may apply.
- **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 in the Department of Kinesiology 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** *3 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 202** *1 unit (cr.)* **Advanced Strength Training Techniques** A strength training course designed to present material related to the training and conditioning of athletes as well as the general population. Prerequisite: Kin 201, Strength Training Techniques.
- **Kinesiology 331** *3 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 340** *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 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. Prerequisites: Successful completion of Kinesiology 122 and Biology 211 and 212.
- **Kinesiology 351** 3 units (crs.) **Nutrition for Health & Performance** 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.) **Performance 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** 3 units (crs.) **Research Techniques in Kinesiology** The course prepares students to learn to design, critique, and prepare a research proposal utilizing APA (American Psychological Association) guidelines. Students will complete a research project based on their proposal and present their research study to peers and faculty. Prerequisites: Admission to a major or minor in Department of Kinesiology and one of the following: Psychology 203, Sociology 281, or Math 201.
- **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 380** 3 units (crs.) **Running Injuries, Assessment & Intervention** The course will focus on incidence and risk factor for running related injuries along with considerations for assessment and intervention of these injuries including gait analysis, exercise progression, shoe wear considerations and return to running programs. Prerequisite: Kinesiology 340 & Kinesiology 350 or permission of instructor.
- **Kinesiology 407** 3 units (crs.) **Clinical Experience in Exercise Science** 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 352.
- **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.) **Progressive Training Techniques** 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.
- **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 in the Department of Kinesiology only.
- **Kinesiology 447** 3 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 in the Department of Kinesiology 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 in the Department of Kinesiology 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 experiential learning at a business, facility or organization external to the University. 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. Recent internships completed by our graduates are accessible to students on the UW-Oshkosh Kinesiology website (internal pages). There are several internship sites within the Fox Valley, the state, and at the national level. Many internship opportunities are advertised on company websites; internships may also be found by doing a simple web search as well.

For questions about the internship, please contact:  
 Craig Biwer MS, CSCS, ACSM-EP  
 Internship Coordinator  
 biwerc@uwosh.edu  
 920-424-3070

## 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 Department of Kinesiology suggests for its' graduating students:

### **EXERCISE & SPORT SCIENCE students**

*American College of Sports Medicine- Certified Exercise Physiologist*

The ACSM Certified Exercise Physiologist (EP-C) is a degreed health and fitness professional qualified to pursue a career in university, corporate, commercial, hospital, and community settings. The EP-C 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.

### *National Academy of Sports Medicine (Corrective Exercise Specialist (NASM-CES)*

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.

For more information, please visit <https://www.nasm.org/>.

### **STRENGTH & CONDITIONING students**

### *National Strength and Conditioning Association- Certified Strength and Conditioning Specialist (CSCS)*

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.

For more information, please visit <https://www.nasca.com/Home/>.

### *National Academy of Sports Medicine – Performance Enhancement Specialist (NASM-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.

For more information, please visit <https://www.nasm.org/>.

## **D. Career Opportunities**

The discipline of kinesiology has as its focus the study of human movement. Students graduating with a major from the Department of 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.

- Health/Fitness Consultant
- Corporate Fitness
- Personal Training
- Strength & Conditioning

**Advanced Professional or Graduate study is likely required for the following careers:**

- Athletic Training
- Research Scientist
- Occupational Therapy
- Athletic Director
- Physical Therapy
- Athletic Administration
- Physician Assistant
- Chiropractor
- Exercise Physiology
- Cardiac Rehabilitation (graduate school recommended)
- Sports Psychology