

# Kinesiology - Undergraduate Programs

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## Overview

The Department of Kinesiology is committed to providing quality educational programs that emphasize scientific theory, hands-on learning in the laboratory setting and real-world application through clinical internships and other field-based experiences. The faculty's vast teaching experience and research expertise provide rich learning experiences across all of the department's academic programs.

The undergraduate studies within the Department of Kinesiology are organized into three areas: Bachelor of Arts in Kinesiology (Physical Education Teacher Education, Sports Leadership & Management), Bachelor of Science in Exercise Science (Clinical & Applied Physiology; Health, Fitness, & Wellness; and Motor & Rehabilitation Sciences), and Bachelor of Science in Public Health. Each of these academic programs share a common core of kinesiology courses that provide students with a strong foundation in the sciences of human anatomy, biomechanics, motor behavior, and exercise physiology, as well as an introduction to research methodology. In addition to the kinesiology core, each undergraduate degree plan provides a comprehensive discipline-specific program of study designed to prepare students for a specific career path.

The Department of Kinesiology offers multiple degree plan options that work towards meeting the prerequisite requirements for admission to physical therapy, occupational therapy, speech pathology, and physician's assistant graduate programs, as well as medical and dental schools.

The undergraduate program areas are listed below. Complete degree plans, descriptions, and course requirements are provided on subsequent pages.

## Bachelor of Arts in Kinesiology

### PHYSICAL EDUCATION TEACHER EDUCATION (PETE)

Bachelor of Arts in Physical Education Teacher Education (PETE) for individuals who wish to teach in the PK-12 setting.

### SPORTS LEADERSHIP AND MANAGEMENT (SLAM)

The Bachelor of Arts in Kinesiology - Sports Leadership and Management (SLAM) programs prepare individuals for sport and physical activity program leadership in both the public and private settings such as coaching, youth sports, sport marketing, sport management, sport psychology, or sport sociology. There are two concentrations offered under the SLAM program. Coaching and Youth Sports; and Sports Leadership and Management.

### BA MINOR IN COACHING AND YOUTH SPORTS

The minor consists of 18 hours, six of which must be upper level. A 2.5 grade point average must be maintained for a student to remain in the minor.

## Bachelor of Science in Exercise Science

### CLINICAL & APPLIED PHYSIOLOGY (CAP)

The Bachelor of Science in Exercise Science - Clinical & Applied Physiology (CAP) is designed for individuals who plan to pursue a graduate degree in the fields of physical therapy, physician assistant, and medical/dental schools, or athletic training, as well as careers and research in physiological sciences applied to exercise.

### HEALTH, FITNESS, & WELLNESS (HFW)

The Bachelor of Science in Exercise Science - Health, Fitness, & Wellness is designed for individuals who wish to pursue a career in personal fitness training, strength and conditioning, cardiac rehabilitation, or other health and wellness related career paths..

### MOTOR & REHABILITATION SCIENCES (MRS)

The Bachelor of Science in Exercise Science - Motor & Rehabilitation Sciences is designed for individuals who plan to pursue careers and research in pediatrics and special populations, biomechanics, motor behavior, and rehabilitation sciences, as well as graduate school programs in occupational therapy or speech & language pathology.

## Bachelor of Science in Public Health

### BACHELOR OF SCIENCE IN PUBLIC HEALTH (BSPH)

The Bachelor of Science in Public Health is designed to prepare individuals for career opportunities in areas such as community health education, project management, compliance in public sector capacities, environmental science and protection, non-profit organizations, and healthcare services and administration. The Bachelor of Science in Public Health (BSPH) degree consists of two program delivery options: A traditional Campus Based Program and an Accelerated Online Program (AO). The Accelerated Online Program is an online format developed by UT Arlington's Department of Kinesiology and College of Nursing and Health Innovation to serve students in Texas and beyond by offering a high quality, affordable, and convenient undergraduate public health degree program. The BSPH AO program is available to those students who have earned a minimum of 24 transfer-credit hours prior to enrollment

## PUBLIC HEALTH MINOR

The Department of Kinesiology offers a minor in public health. The minor consists of 18 credit hours. Students must complete at least nine hours toward the minor at UT Arlington. A 2.5 grade point average must be maintained for a student to remain in the minor.

## Oral Communication Competencies

All students declared as majors in the Department of Kinesiology (with the exception of BSPH majors) are required to complete KINE 3325 UNDERGRADUATE RESEARCH METHODS. Embedded in this class is the task of orally presenting research findings as both a formal oral research presentation and also in support of posters presented during the Kinesiology Research Presentation Day. BS Public Health students are required to complete KINE 4352 SCIENCES & METHODS IN PUBLIC HEALTH.

## Computer Use Competencies

All students declared as majors in the Department of Kinesiology (with the exception of BSPH majors) are required to pass the University computer competency exam or complete KINE 1100 early in their specialization. Embedded in this class are tasks requiring familiarity with the word processor, spreadsheet and Internet browsing programs common on personal computers. BS Public Health students are required to complete KINE 3351 PUBLIC HEALTH INFORMATICS to meet this requirement. Additionally, the department's core curriculum requires the demonstration of computer use competencies for completion of the majority of assignments.

## The Bachelor of Arts in Kinesiology

The Bachelor of Arts in Kinesiology is designed to prepare individuals for teaching and coaching positions in public and private schools and for sport and physical activity program leadership in both the public and private settings. Majors can choose from one of two degree plan options: Physical Education Teacher Education (PETE) and Sport Leadership & Management (SLAM).

## Physical Education Teacher Education (PETE)

The Bachelor of Arts in Kinesiology, Physical Education with All-Level Teacher Certification prepares individuals for teaching and coaching positions in public and private schools. This degree is specifically designed to prepare graduates for certification in teaching PK-12 physical education. The program is designed to provide a scientific and pedagogical foundation with multiple public school experiences that enable students to observe, assist teachers and coaches, experiment with curriculum, create programs, and gain structured experiences in teaching. Because of the emphasis on field experiences, our graduates are well prepared when they enter the workforce. In addition, our graduates work in diverse settings and are able to plan and teach individuals with disabilities successfully. Candidates are also encouraged to earn a second teaching area concentration (such as English, History, Biology/Life Science, Math, Modern Language, Health Education, etc.).

### Admission Requirements:

To ensure that all students develop a solid academic foundation, all first time, first-year freshman students (regardless of intended major) must obtain academic advising and clearance for registration from an advisor in the Division of Student Success during their first year. After the first year, students should seek advisement from the PETE Advisor in the Department of Kinesiology. Transfer students must seek academic advising from the PETE Advisor in the Department of Kinesiology immediately. .

In order to qualify for admission to the Physical Education Teacher Education (PETE) program, students must:

- Satisfy the University's credit hour requirements for admission to a degree plan
- Provide transcripts from each college or university the student has attended (reflecting all current/completed semesters)
- Petition for admission into the College of Education prior to taking education coursework
- Have a cumulative GPA of at least 2.75 for classes taken at UT Arlington, and sustain a 3.00 GPA across the following education sequence:

• KINE 2301	TEACHING GAMES FOR UNDERSTANDING	3
KINE 2302	DANCE AND MOVEMENT ACTIVITIES	3
KINE 3304	ADAPTED PHYSICAL EDUCATION & SPORT	3
KINE 3388	THEORY AND APPLICATION IN MOTOR DEVELOPMENT	3
KINE 4319	FITNESS, HEALTH AND OUTDOOR ADVENTURE ACTIVITIES EDUCATION	3
KINE 4193	PHYSICAL EDUCATION TEACHER CERTIFICATION PRACTICUM	1
KINE 4320	TEACHING SECONDARY PHYSICAL EDUCATION	3
KINE 4321	TEACHING ELEM PHYSICAL EDUCATION	3
EDUC 4340	HUMAN GROWTH AND DEVELOPMENT	3
LIST 4343	CONTENT AREA READING AND WRITING	3

EDUC 3301	TEACHING DIVERSE LEARNERS	3
<b>Total Hours</b>		<b>31</b>

- All classes involving field-based experiences require students to pass a criminal background check. This is also a requirement for all certified teachers in the State of Texas.
- Students who have been suspended or expelled from The University of Texas at Arlington or any other university or program for reasons other than academic reasons may be denied admission or readmission to an educator preparation program in the College of Education.

#### Maintaining Major Status:

If a student falls below a 2.75 GPA at any time prior to petitioning for admission into the College of Education, the student will be on departmental probation for one semester. If the student is unable to make up the deficiency in the semester immediately following the probation, the student will lose status as a Bachelor of Arts in Kinesiology with All-Level Certification major and be moved to the Bachelor of Arts in Kinesiology - Sports Leadership and Management major. Courses to make up a GPA deficiency must be taken at UT Arlington. If the student is able to make up the GPA deficiency in the semester immediately following loss of major status, she or he will be eligible to apply for reinstatement as a major by making application to the Departmental Advisor when grades are released. No courses on the degree plan may be taken as pass/fail.

Each candidate in the PETE program will be evaluated on the College of Education Professional Dispositions by faculty and staff. These dispositions have been identified as essential for a highly-qualified professional. Instructors and program directors will work with candidates rated as "unacceptable" in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any digressions.

Application for Student Teaching: Students must apply to the Director of Field Experience in the College of Education by the appropriate deadline to begin. Students must also submit any applicable background checks at registration. The student teaching will be performed in both elementary and secondary (high school or middle school) levels.

## BA Kinesiology - PETE

#### Pre-Professional Courses

General Core Requirements (<http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/>) 42

#### Recommended Core Requirements

ENGL 1301	RHETORIC AND COMPOSITION I	
MATH 1302	COLLEGE ALGEBRA	
HIST 1301	HISTORY OF THE UNITED STATES TO 1865	
HIST 1302	HISTORY OF THE UNITED STATES, 1865 TO PRESENT	
ENGL 1302	RHETORIC AND COMPOSITION II	
POLS 2311	GOVERNMENT OF THE UNITED STATES	
POLS 2312	STATE AND LOCAL GOVERNMENT	
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY	
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	

Program Requirements 3

BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II	
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#### Professional Courses

##### Education Sequence

KINE 4320	TEACHING SECONDARY PHYSICAL EDUCATION	3
KINE 4321	TEACHING ELEM PHYSICAL EDUCATION	3
LIST 4343	CONTENT AREA READING AND WRITING	3
EDUC 3301	TEACHING DIVERSE LEARNERS	3
EDUC 4340	HUMAN GROWTH AND DEVELOPMENT	3
EDUC 4647	CLINICAL TEACHING IN MIDDLE/SECONDARY SCHOOL/ALL-LEVEL CLASSROOMS	6
KINE 4193	PHYSICAL EDUCATION TEACHER CERTIFICATION PRACTICUM	1

##### Kinesiology Academic Core

KINE 1315	INTRODUCTION TO PHYSICAL EDUCATION AND SPORT	3
KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 2301	TEACHING GAMES FOR UNDERSTANDING	3
KINE 2302	DANCE AND MOVEMENT ACTIVITIES	3
KINE 3300	FUNCTIONAL ANATOMY	3

KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3302	SPORT AND EXERCISE PSYCHOLOGY	3
or KINE 3307	SPORT AND SOCIETY: ISSUES AND DEBATES	
KINE 3304	ADAPTED PHYSICAL EDUCATION & SPORT	3
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3
KINE 3388	THEORY AND APPLICATION IN MOTOR DEVELOPMENT	3
KINE 4319	FITNESS, HEALTH AND OUTDOOR ADVENTURE ACTIVITIES EDUCATION	3
Second Concentration Area Electives		
14 hours from second teaching field area		14
<b>Total Hours</b>		<b>120</b>

Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions.

## Sports Leadership and Management (SLAM)

The Bachelor of Arts in Kinesiology - Sports Leadership and Management (SLAM) program prepares individuals for sport and physical activity program leadership in both the public and private settings. The curriculum examines sport in the contexts of historical and contemporary culture. It looks at sport's cultural relationship with education, the economy, families, the media, and politics, and considers race, class, and gender differences in the sport experience. Two specializations are offered under the SLAM program: Coaching and Youth Sports; and Sports Leadership and Management.

### Admission Requirements:

To ensure that all students develop a solid academic foundation, all first time, first-year freshman students (regardless of intended major) must obtain academic advising and clearance for registration from a Division of Student Success academic advisor during their first year. After the first year, students should seek advisement from the BA Kinesiology Advisor in the Department of Kinesiology. Transfer students must seek academic advising from the BA Kinesiology Advisor in the Department of Kinesiology immediately.

- All classes involving field-based experiences require students to pass a criminal background check. This is also a requirement for all certified teachers and professionals that work with school aged children in the State of Texas.

### Maintaining Major Status:

Students must maintain an overall GPA of 2.5 and a KINE GPA of 2.5.

## Coaching and Youth Sports

This concentration is designed to provide a scientific and pedagogical foundation with multiple experiences that enable students to observe, assist, coach, and create programs that encourage physical activity across the age spectrum: Youth, high school, collegiate, elite-level, or private coaching. In addition to the identified core and specialization courses there are 9 hours available as electives.

## BA Kinesiology - Coaching and Youth Sports

### Pre-Professional Courses

General Core Requirements (<http://catalog.uta.edu/academicregulations/degree/requirements/generalcorerequirements/>) 42

### Recommended Core Requirements

ENGL 1301	RHETORIC AND COMPOSITION I	
ENGL 1302	RHETORIC AND COMPOSITION II	
MATH 1302	COLLEGE ALGEBRA	
HIST 1301	HISTORY OF THE UNITED STATES TO 1865	
HIST 1302	HISTORY OF THE UNITED STATES, 1865 TO PRESENT	
MATH 1308	ELEMENTARY STATISTICAL ANALYSIS	
POLS 2311	GOVERNMENT OF THE UNITED STATES	
POLS 2312	STATE AND LOCAL GOVERNMENT	
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY	
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	
Program Requirements		9
BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II	
Cultural Diversity (6 hours)		

**Professional Courses**

## Kinesiology Academic Core

KINE 1315	INTRODUCTION TO PHYSICAL EDUCATION AND SPORT	3
KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 2301	TEACHING GAMES FOR UNDERSTANDING	3
KINE 2302	DANCE AND MOVEMENT ACTIVITIES	3
KINE 3300	FUNCTIONAL ANATOMY	3
KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3302	SPORT AND EXERCISE PSYCHOLOGY	3
KINE 3307	SPORT AND SOCIETY: ISSUES AND DEBATES	3
KINE 3304	ADAPTED PHYSICAL EDUCATION & SPORT	3
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3

## Coaching and Youth Sports Concentration Course Work

KINE 2330	CARE AND PREVENTION OF ATHLETIC INJURIES	3
KINE 3312	COACHING INVASION GAME PRINCIPLES	3
KINE 3313	COACHING OF NET/WALL GAME PRINCIPLES	3
KINE 3388	THEORY AND APPLICATION IN MOTOR DEVELOPMENT	3
KINE 4319	FITNESS, HEALTH AND OUTDOOR ADVENTURE ACTIVITIES EDUCATION	3
KINE 4323	MOTOR CONTROL AND LEARNING	3
KINE 4329	STRENGTH & CONDITIONING IN SPORT AND PERFORMANCE	3
KINE 4339	SPORTS LEADERSHIP AND MANAGEMENT INTERNSHIP	3

Electives - 9 hours

9

**Total Hours****120**

Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions.

**Sports Leadership and Management**

This concentration provides students with managerial, psychosocial, socio-cultural, and developmental knowledge about sport participation to allow them to understand and to provide leadership related to key issues in sport while analyzing and engaging in the business and culture of sport. In addition to the identified core and specialization courses there are 9 hours available as electives.

**BA Kinesiology - Sports Leadership and Management****Pre-Professional Courses**General Core Requirements (<http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/>) 42

## Recommended Core Requirements

ENGL 1301	RHETORIC AND COMPOSITION I	
ENGL 1302	RHETORIC AND COMPOSITION II	
MATH 1302	COLLEGE ALGEBRA	
HIST 1301	HISTORY OF THE UNITED STATES TO 1865	
HIST 1302	HISTORY OF THE UNITED STATES, 1865 TO PRESENT	
MATH 1308	ELEMENTARY STATISTICAL ANALYSIS	
POLS 2311	GOVERNMENT OF THE UNITED STATES	
POLS 2312	STATE AND LOCAL GOVERNMENT	
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY	
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	

## Program Requirements

9

BIOL 2458 HUMAN ANATOMY AND PHYSIOLOGY II

Cultural Diversity (6 hours)

**Professional Courses**

## Kinesiology Academic Core

KINE 1315	INTRODUCTION TO PHYSICAL EDUCATION AND SPORT	3
KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 2301	TEACHING GAMES FOR UNDERSTANDING	3
KINE 2302	DANCE AND MOVEMENT ACTIVITIES	3
KINE 3300	FUNCTIONAL ANATOMY	3
KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3302	SPORT AND EXERCISE PSYCHOLOGY	3
KINE 3307	SPORT AND SOCIETY: ISSUES AND DEBATES	3
KINE 3304	ADAPTED PHYSICAL EDUCATION & SPORT	3
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3
Sports Leadership and Management Concentration Course Work		
BLAW 3310	LEGAL AND ETHICAL ENVIRONMENT OF BUSINESS	3
ECON 2306	PRINCIPLES OF MICROECONOMICS	3
ECON 3306	SPORTS ECONOMICS AND BUSINESS	3
KINE 4330	PROGRAM DESIGN & ADMINISTRATION	3
MANA 3318	MANAGING ORGANIZATIONAL BEHAVIOR	3
MANA 4330	TEAM MANAGEMENT	3
SOCI 3339	RACE, SPORT AND MEDIA	3
KINE 4339	SPORTS LEADERSHIP AND MANAGEMENT INTERNSHIP	3
Electives - 9 hours		9
<b>Total Hours</b>		<b>120</b>

Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions

## BA Minor in Coaching and Youth Sports

The minor consists of 18 hours, six of which must be upper level.

A 2.5 grade point average must be maintained for a student to remain in the minor.

### Courses that may be taken toward the minor are:

#### Required:

KINE 1315	Introduction to Physical Education and Sport
KINE 2301	Teaching Games for Understanding
KINE 2302	Dance and Movement Activities

#### Electives

Nine hours from the following.

KINE 3302	Sport and Exercise Psychology
KINE 3304	Adapted Exercise and Sport Activities
KINE 3307	Sport and Society: Issues and Debates
KINE 3312	Coaching Invasion Games
KINE 3313	Coaching Net/Wall Game Principles
KINE 4319	Fitness and Outdoor Adventure

## Bachelor of Science in Exercise Science

The Bachelor of Science in Exercise Science is designed to provide a foundation of the movement and exercise science to students interested in pursuing careers associated with therapy and rehabilitation, fitness and training, and research with typical and atypical populations. The three tracks are

designed to provide a thorough foundation in three areas of Exercise Science: Clinical & Applied Physiology, Health, Fitness, & Wellness, and Motor & Rehabilitation Sciences. All KINE listed courses are designed for majors only.

The Clinical & Applied Physiology (CAP) Track incorporates prerequisites and prepares students for graduate school applications in physical therapy, physician assistant, and medical/dental schools.

The Health, Fitness, & Wellness (HFW) Track prepares students for careers in strength conditioning, personal training, cardiac rehabilitation, and corporate wellness & fitness. It also prepares students for certifications programs such as ACSM, HFS, NSCA, CSCS. In addition, it incorporates prerequisites and prepares students for graduate school applications in athletic training.

The Motor & Rehabilitation Sciences (MRS) Track Incorporates prerequisites and prepares students for graduate school applications in occupational therapy and speech & language pathology, as well as careers and research in pediatrics and special populations, biomechanics, motor behavior and rehabilitation sciences.

#### Admission Requirements:

To ensure that all students develop a solid academic foundation, all first time, first-year freshman students (regardless of intended major) must obtain academic advising and clearance for registration from an advisor in the Division of Student Success during their first year. After the first year, students should seek advisement from the Exercise Science Advisor in the Department of Kinesiology prior to each semester and summer sessions. Transfer students must seek academic advising from the Exercise Science Advisor in the Department of Kinesiology immediately. All incoming freshmen and transfer students wishing to major in Exercise Science are initially classified as Exercise Science pre-majors.

To be classified as an Exercise Science major, students must satisfy the following requirements:

#### Clinical & Applied Physiology Track

- Completion of 12 hours at UT Arlington
- Overall GPA of 3.00 and KINE GPA of 3.00 by completion of KINE 3415 and a grade of "B" or better at KINE 3415.

#### Health, Fitness, & Wellness Track

- Completion of 12 hours at UT Arlington
- Overall GPA of 2.5 and KINE GPA of 2.5 by completion of KINE 3415.

#### Motor & Rehabilitation Sciences Track

- Completion of 12 hours at UT Arlington
- Overall GPA of 2.5 and KINE GPA of 2.5 by completion of KINE 3415.

#### Maintaining Major Status:

Students accepted as Bachelor of Science in Exercise Science majors in the Department of Kinesiology must maintain the minimum GPAs as indicated above or they will be on departmental probation. Students who are on departmental probation must meet with their academic advisor for future enrollment options. If the student is unable to make up the deficiency in the semester immediately following the probation, the student will lose status as a Bachelor of Science in Exercise Science major. Courses to make up the GPA deficiency must be taken at UT Arlington. No courses on the degree plan may be taken as pass/fail.

## Clinical & Applied Physiology - (CAP)

The Exercise Science Clinical & Applied Physiology track incorporates prerequisites and prepares students for graduate school applications in physical therapy, physician assistant, and medical/dental schools, as well as careers and research in physiological sciences applied to exercise.

## BS in Exercise Science - CAP

#### Pre-Professional Courses

General Core Requirements (<http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/>)

42

#### Recommended Core Requirements

ENGL 1301	RHETORIC AND COMPOSITION I
ENGL 1302	RHETORIC AND COMPOSITION II
MATH 1308	ELEMENTARY STATISTICAL ANALYSIS
POLS 2311	GOVERNMENT OF THE UNITED STATES
POLS 2312	STATE AND LOCAL GOVERNMENT
PSYC 1315	INTRODUCTION TO PSYCHOLOGY
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY



BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	
Select one of the following:		
MATH 1302	COLLEGE ALGEBRA	
MATH 1303	TRIGONOMETRY	
MATH 1426	CALCULUS I	
Program Science Requirements		24
BIOL 1442	BIOLOGY II FOR SCIENCE MAJORS: ECOLOGY AND EVOLUTION	
BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II	
CHEM 1441	GENERAL CHEMISTRY I	
CHEM 1442	GENERAL CHEMISTRY II	
PHYS 1441	GENERAL COLLEGE PHYSICS I	
PHYS 1442	GENERAL COLLEGE PHYSICS II	
General Electives (sufficient to bring total to 120 hours)		18
<b>Professional Courses</b>		
Clinical & Applied Physiology Major Core		
KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 3300	FUNCTIONAL ANATOMY	3
KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3
KINE 4317	EXERCISE PRESCRIPTION FOR SPECIAL POPULATIONS	3
KINE 4415	FITNESS ASSESSMENT/PROGRAMMING	4
KINE 4323	MOTOR CONTROL AND LEARNING	3
KINE 4490	EXERCISE SCIENCE INTERNSHIP (Requires a minimum of 180 hours in the field)	4
KINE 4400	APPLIED EXERCISE PHYSIOLOGY	4
KINE Electives		
There are no electives for this track		
<b>Total Hours</b>		<b>120</b>

<sup>1</sup> Students planning to pursue graduate programs in physical therapy, occupational therapy or physician's assistant should meet with their advisor to determine specific elective requirements. (Example for PT: NURS 3309, BIOL 1442, PHYS 1442, KINE 3388 THEORY AND APPLICATION IN MOTOR DEVELOPMENT). PSYC 3318 ABNORMAL PSYCHOLOGY

Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions.

## Health, Fitness, & Wellness Track (HFW)

The Exercise Science – Health, Fitness, & Wellness track is designed for students interested in careers in the commercial and corporate fitness industry as personal fitness trainers and fitness directors, strength and conditioning coaches as well as for students interested in pursuing a graduate degree in exercise science or athletic training.

## BS in Exercise Science - HFW

### Pre-Professional Courses

General Core Requirements ( <a href="http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/">http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/</a> )		42
Recommended Core Requirements		
ENGL 1301	RHETORIC AND COMPOSITION I	
ENGL 1302	RHETORIC AND COMPOSITION II	
MATH 1302	COLLEGE ALGEBRA	
MATH 1308	ELEMENTARY STATISTICAL ANALYSIS	
POLS 2311	GOVERNMENT OF THE UNITED STATES	
POLS 2312	STATE AND LOCAL GOVERNMENT	
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY	
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	



Program Science Requirements		7
BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II	
Choose 1 of the following:		
CHEM 1441	GENERAL CHEMISTRY I	
PHYS 1441	GENERAL COLLEGE PHYSICS I	
BIOL 1442	BIOLOGY II FOR SCIENCE MAJORS: ECOLOGY AND EVOLUTION	
CHEM 1451	CHEMISTRY FOR HEALTH SCIENCES	
General Electives (sufficient to bring total to 120 hours)		27
<b>Professional Courses</b>		
Fitness/Wellness Major Core		
KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 2330	CARE AND PREVENTION OF ATHLETIC INJURIES	3
KINE 3300	FUNCTIONAL ANATOMY	3
KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3302	SPORT AND EXERCISE PSYCHOLOGY	3
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3
KINE 4415	FITNESS ASSESSMENT/PROGRAMMING	4
KINE 4329	STRENGTH & CONDITIONING IN SPORT AND PERFORMANCE	3
or KINE 4337	STRENGTH AND CONDITIONING IN GENERAL POPULATIONS: HEALTH AND DISEASE	
KINE 4330	PROGRAM DESIGN & ADMINISTRATION	3
KINE 4331	OBESITY & WEIGHT MANAGEMENT	3
KINE 4490	EXERCISE SCIENCE INTERNSHIP	4
HEED 3301	SPORTS NUTRITION	3
<b>Total Hours</b>		<b>120</b>

Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions.

## Motor & Rehabilitation Sciences (MRS)

The Exercise Science – Motor & Rehabilitation Sciences track is designed for students interested in careers and research in pediatrics, special populations, biomechanics, motor behavior, and rehabilitation sciences, as well as prepares students for graduate school applications in occupational therapy and speech & language pathology.

## BS in Exercise Science - MRS

<b>Pre-Professional Courses</b>		
General Core Requirements ( <a href="http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/">http://catalog.uta.edu/academicregulations/degreerequirements/generalcorerequirements/</a> )		42
Recommended Core Requirements		
ENGL 1301	RHETORIC AND COMPOSITION I	
ENGL 1302	RHETORIC AND COMPOSITION II	
MATH 1302	COLLEGE ALGEBRA	
MATH 1308	ELEMENTARY STATISTICAL ANALYSIS	
POLS 2311	GOVERNMENT OF THE UNITED STATES	
POLS 2312	STATE AND LOCAL GOVERNMENT	
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY	
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	
Program Science Requirements		12
BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II	
PSYC 3310	DEVELOPMENTAL PSYCHOLOGY	
PSYC 3318	ABNORMAL PSYCHOLOGY	
PSYC 3322	BRAIN AND BEHAVIOR	
General Electives (sufficient to bring total to 120 hours)		25

**Professional Courses**

Motor and Rehabilitation Sciences Major Core Major Core

KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 2330	CARE AND PREVENTION OF ATHLETIC INJURIES	3
KINE 3300	FUNCTIONAL ANATOMY	3
KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3302	SPORT AND EXERCISE PSYCHOLOGY	3
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3
KINE 3388	THEORY AND APPLICATION IN MOTOR DEVELOPMENT	3
KINE 4317	EXERCISE PRESCRIPTION FOR SPECIAL POPULATIONS	3
KINE 4323	MOTOR CONTROL AND LEARNING	3
KINE 4420	APPLIED MOTOR BEHAVIOR	4
KINE 4491	MRS INTERNSHIP	4

**Total Hours****120**

**Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions.**

**Bachelor of Science in Public Health (BSPH)**

The Bachelor of Science in Public Health (BSPH) degree consists of two program delivery options: A traditional Campus Based Program and an Accelerated Online Program (AO). The Accelerated Online Program is an online format developed by UT Arlington's Department of Kinesiology and College of Nursing and Health Innovation to serve students in Texas by offering a high quality, affordable, and convenient undergraduate public health degree program. The BSPH AO program is available to those students who have earned a minimum of 24 transfer-credit hours prior to enrollment.

The BSPH degree program aligns well with current science-based degree programs offered in the Department of Kinesiology. In addition, with a unique positioning of public health aligned with nursing and kinesiology programs along a continuum of health-related coursework and practice-based experiences, students may access an intersection point at which individual health and wellness meets population health and prevention of disease. Potential career opportunities exist in job categories such as government, non-profit organizations, medical/healthcare facilities and community agencies.

The Bachelor of Science in Public Health program features a competency-based curriculum built upon a collaborative, interdisciplinary matrix. Relevant coursework, accompanied by experiential and service learning activities anchored throughout the program support a robust program framework, which includes The Council on Education for Public Health (CEPH) accreditation criteria, Association of Schools and Programs of Public Health (ASPPH) undergraduate competencies and The Council on Linkages Between Academia and Public Health Practice Tier I Public Health Workforce competencies.

These program elements will enable students to gain a broad knowledge base, along with the skills and abilities necessary to be a competent and effective member of the public health workforce.

The Bachelor of Science in Public Health provides students with a rigorous background in public health education, while also providing multi-disciplinary support for each student to pursue his or her own individual interests and passions through minor degrees (e.g., Disability Studies, Diversity Studies, Psychology, Spanish). The degree program provides coursework and experiential learning activities that intersect individual health, wellness and prevention with population-based health perspectives. Students have the flexibility to choose 20-21 hours of electives, providing academic flexibility so that students may individualize components of their academic pathway to meet their unique personal, professional, and academic goals.

**Admission Requirements:**

To ensure that all students develop a solid academic foundation, all first time, first-year freshman students (regardless of intended major) must obtain academic advising and clearance for registration from an advisor in the Division of Student Success during their first year. After the first year, students should seek advisement from the Public Health Advisor in the Department of Kinesiology prior to each semester and summer sessions. Transfer students must seek academic advising from the Public Health Advisor in the Department of Kinesiology immediately. All incoming freshmen and transfer students wishing to major in Public Health are initially classified as Public Health pre-majors (PH.Int).

To be classified as a Public Health major, students must satisfy the following requirements:

BS Public Health

- Completion of 12 hours at UT Arlington
- Completion of KINE 2350 INTRODUCTION TO PUBLIC HEALTH: PRINCIPLES & POPULATIONS EXERCISE SCIENCE with a grade of C or better
- Overall GPA of 2.50.

#### Maintaining Major Status:

Students accepted as Bachelor of Science in Public Health majors in the Department of Kinesiology must maintain the minimum GPAs as indicated above or they will be placed on departmental probation. In order to take additional Public Health courses, approval must be granted by the Department Chair. If the student is unable to make up the deficiency in the semester immediately following the probation, the student will lose status as a Bachelor of Science in Public Health major. Courses to make up the GPA deficiency must be taken at UT Arlington. If the student is able to make up the GPA deficiency in the semester immediately following loss of major status, he or she can be reinstated as a major by making application to the Departmental Advisor when grades are released. No courses on the degree plan may be taken as pass/fail.

## BS in Public Health - BSPH

### Pre-Professional Courses

General Core Requirements (<http://catalog.uta.edu/academicregulations/degree requirements/generalcorerequirements/>) 42

#### Recommended Core Requirements

ENGL 1301	RHETORIC AND COMPOSITION I	
ENGL 1302	RHETORIC AND COMPOSITION II	
MATH 1302	COLLEGE ALGEBRA	
or MATH 1301	CONTEMPORARY MATHEMATICS	
MATH 1308	ELEMENTARY STATISTICAL ANALYSIS	
POLS 2311	GOVERNMENT OF THE UNITED STATES	
POLS 2312	STATE AND LOCAL GOVERNMENT	
BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY	
or BIOL 1345	BIOLOGY I FOR NURSING STUDENTS	
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I	

#### Program Science Requirements 7

BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II	
CHEM 1441	GENERAL CHEMISTRY I	
or BIOL 1442	BIOLOGY II FOR SCIENCE MAJORS: ECOLOGY AND EVOLUTION	

Science electives (may include Exercise Science classes in the Department of Kinesiology) 4

Foundational component (Recommended KINE 2307, SOCI 1310, or SOCI 1311) 3

### Professional Courses

#### Public Health Major Core

KINE 2350	PUBLIC HEALTH: PRINCIPLES AND POPULATIONS	3
KINE 3350	URBANIZATION AND VULNERABLE POPULATIONS	3
KINE 3351	PUBLIC HEALTH INFORMATICS	3
KINE 3352	INTRODUCTION TO PUBLIC HEALTH EPIDEMIOLOGY	3
KINE 3353	HEALTH AND THE HUMAN CONDITION IN THE GLOBAL COMMUNITY	3
KINE 4351	PUBLIC HEALTH ETHICS	3
HEED 4311	THE ENVIRONMENT AND PUBLIC HEALTH SYSTEMS	3
KINE 4352	PUBLIC HEALTH SCIENCES AND METHODS	3
KINE 4354	PUBLIC HEALTH ADVOCACY AND LEADERSHIP	3
KINE 4355	COMMUNICATION FOR HEALTH PROFESSIONALS	3
KINE 4357	PREPARATION FOR THE PUBLIC HEALTH WORKFORCE	3
KINE 4359	PUBLIC HEALTH CUMULATIVE EXPERIENCE	3

#### Cross-disciplinary Coursework

HEED 3305	WOMEN'S HEALTH ISSUES	3
HEED 3330	CONSUMER HEALTH AND PUBLIC HEALTH SYSTEMS	3
HEED 4320	STUDIES IN HEALTHY AGING	3
KINE 4353	EMERGENCY PREPAREDNESS & MANAGEMENT	3
MANA 4326	DIVERSITY IN ORGANIZATIONS	3

or KINE 4358	APPLIED APPROACHES TO DIVERSITY AND CULTURAL AWARENESS IN PUBLIC HEALTH ORGANIZATIONS	13
General Electives		13
<b>Total Hours</b>		<b>120</b>

Many of the courses in the Kinesiology curriculum require prerequisite courses which are identified in the course descriptions.

## BS in Public Health - Minor

The Department of Kinesiology offers a minor in public health. The minor consists of 18 credit hours. Students must complete at least nine hours toward the minor at UT Arlington. A 2.5 grade point average must be maintained for a student to remain in the minor.

Courses that may be taken toward the minor are:

### **Required**

KINE 2350 PUBLIC HEALTH: PRINCIPLES AND POPULATIONS

### **Electives**

Fifteen hours from the following:

KINE 3307 SPORTS AND SOCIETY

KINE 3350 URBANIZATION AND VULNERABLE POPULATIONS

KINE 3351 PUBLIC HEALTH INFORMATICS

KINE 3352 INTRODUCTION TO PUBLIC HEALTH EPIDEMIOLOGY

KINE 3353 HEALTH AND THE HUMAN CONDITION IN THE GLOBAL COMMUNITY

KINE 4330 PROGRAM DESIGN & ADMINISTRATION

KINE 4331 OBESITY & WEIGHT MANAGEMENT

KINE 4351 ETHICAL PRACTICES IN HEALTH PROFESSIONS

HEED 3305 WOMEN'S HEALTH ISSUES

HEED 3330 CONSUMER HEALTH AND PUBLIC HEALTH SYSTEMS

HEED 4320 STUDIES IN HEALTHY AGING