

**Department of Kinesiology**  
**Comprehensive Major: Kinesiology - Human Performance Emphasis**  
**2007-2008 Academic Advising Form**

**Admission to Human Performance Emphasis**

The Human Performance Emphasis is intended to prepare students to work in clinical, commercial, corporate, and community health fitness settings. Formal application to the Human Performance Emphasis should be made during the second year (either Fall or Spring) of attendance while enrolled in KINS 251, Introduction to Human Performance. This will allow students to begin taking courses in their area of option (pre-professional, sport performance, fitness management, or health promotion) the next semester and begin the professional phase courses the following semester (e.g. KINS 355 and 358). The number of students admitted to the program is limited by available resources. Not everyone who applies can be guaranteed admission (currently up to 30 new students are admitted each semester). Program admission will be stratified based on primary interest in one of the four options (Sport Performance, Health Promotion, Fitness Management, and Pre-Professional), with up to five candidates being admitted in each area. Additional candidates will then be admitted based on merit regardless of specialization area.

The Human Performance Program Committee will screen students for admission to the program. At the time of application, students must:

1. Submit a completed program application form
2. Be enrolled in or completed KINS 251, 304, and 308
3. Submit a cover letter and resume highlighting qualifications related to human performance

Student admission will be based on the following criteria:

1. Total GPA – 48%
2. Overall performance in Kins 251, 304, and 308 – 36%
3. Evaluation of student cover letter, resume, and application self-reflective essays – 16%

Students that are not accepted into the Human Performance program may apply again the following semester. Those students that choose to reapply again are reminded that the program is a 2-year course of study once accepted and that reapplying could delay their graduation up to one year.

**Admission requirements:** Kinesiology: Human Performance Emphasis

**Application Deadline:** Fall, Spring semester while enrolled in KINS 251

**Credits required prior to**

**program admission:** Completion of 30 credits or more

**Minimum GPA:** 2.75 Total GPA

**Special grade/course**

**requirement:** Completion of KINS 251, 304, and 308

**Other requirements:** Submission of application, resume, and cover letter

**Enrollment limitations:** Maximum of 30 students admitted per semester

**Admission to internship:** Completion of KINS 251, 355, and 358; Maintenance of current American Red Cross First Aid and CPR certification or equivalent; completion of background information disclosure check prior to start of internship; submission of internship position description.

**Retention**

Once admitted into the Human Performance program, the student must meet the following criteria to remain in the program:

1. Maintain a 3.0 GPA in all Kinesiology major classes
2. Continue to display appropriate dispositions regarding professional development, as outlined in the Policy for Disposition Intervention, Department of Kinesiology, Human Performance Emphasis
3. Satisfactorily complete all course, lab, and practicum experiences within the Human Performance Emphasis core with a C<sup>+</sup> or better. ***Human Performance core courses with a grade lower than C<sup>+</sup> must be repeated.***

**Transfer Students**

Transfer students must meet all application requirements prior to application to the program. KINS 251 must be taken on campus. Transfer students who are interested in the Human Performance emphasis should inform the Admission Office upon application for admission to the University and contact the Human Performance Program Director.

## Human Performance Emphasis - Summary of Curriculum

I. Curricular Summary	Credits	IV. Specialization Area Courses	Credits
<b>Kinesiology Core Courses</b>	15	KINS 313 Soc of Sport & PA	3
<b>Human Performance Courses</b>	25	KINS 330 Thera Ex in Ath Training	3
<b>Specialization Area</b> (select <u>1</u> specialization area )	20	KINS 348 Human Perform Apprenticeship	3
<b>General Education Courses</b>	39	KINS 420 Med Aspects of Ath Training	3
<b>Elective Courses</b>	21	KINS 450 Appl Nutr in Kinesiology	3
<b>Total</b>	<b>120</b>	PSYC 230 Human Development	3
		PSYC 380 Behavior Modification	3
<b>II. Kinesiology Core Courses</b>	<b>Credits</b>	<b>Subtotal</b>	<b>20</b>
KINS 190 Concepts in Kinesiology	3		
KINS 194 Anatomical Kinesiology	3	<b>Fitness Management</b>	
KINS 304 Biomechanical Kinesiology	3	ACCT 201 Principles of Accounting I	3
KINS 308 Exercise Physiology	3	ACCT 202 Principles of Accounting II	3
KINS 426 Motor Learning & Development	3	BCOM 206 Business Writing <u>or</u>	
<b>Subtotal</b>	<b>15</b>	BCOM 207 Business Presentations	2
		MIS 240 Information Systems in Business	3
<b>III. Human Performance Courses</b>	<b>Credits</b>	MGMT 340 Organizational Behavior	3
KINS 251 Introduction to Human Performance	3	MGMT 349 Human Resource Manage	3
KINS 355 Human Perform Lab Assessment	3	MKTG 330 Principles of Marketing	3
KINS 358 Health Fitness Instruction	3	<b>Subtotal</b>	<b>20</b>
KINS 440 Human Performance Seminar	3	<b>Pre-Professional</b>	
KINS 464 Gerontology & Special Populations	3	BIOL 314 Anatomy & Physiology II	4
KINS 466 Community Fitness Program	1	CHEM 103 General Chemistry <u>or</u> 115	5
KINS 474 Research Methods in Kinesiology	3	CHEM 150 Survey of Biochemistry <u>or</u>	3
KINS 498 Human Performance Internship	6	CHEM 325 Organic Chemistry I	4
<b>Subtotal</b>	<b>25</b>	Select <u>8</u> credits from the following:	
<b>IV. Specialization Area Courses</b>	<b>Credits</b>	ADTN 375 Health Promotion & Illness	3
<b>Health Promotion</b>		CHEM 104 General Chemistry II	5
ADTN 375 Pharm & Patho Alld Hlth Pro	3	CHEM 326 Organic Chemistry II w/ Lab	4
FMHN 220 Language of Health Care	1	CHEM 352 Fundamental Biochemistry	4
KINS 262 Health Survey	3	FMHN 220 Language of Health Care	1
KINS 275 Prevention & Care of Injuries	2	KINS 275 Prevention & Care of Injuries	2
KINS 277 Prevention & Care Lab	1	KINS 277 Prevention & Care Lab	1
<b>Select 10 credits from the following:</b>		KINS 310 Therapeutic Modalities	3
ADTN 360 Death & Bereavement	3	KINS 330 Therapeutic Exercise	3
KINS 312 Psych of Sport & PA	3	KINS 375 Eval Techs – Lower body	3
KINS 330 Therapeutic Exercise	3	KINS 376 Eval Techs – Upper body	3
KINS 445 Basic ECG	3	KINS 420 Med Aspects of AT	3
KINS 450 Appl Nutr in Kinesiology	3	KINS 445 Basic ECG	3
NSYS 389 Cross Cultural Health	3	MATH 111 Short Course in Calculus	4
PHIL 306 Ethics of Health Care	3	MATH 112 Pre-Calculus Mathematics	4
PSYC 230 Human Development	3	MATH 114 Calculus I	4
PSYC 333 Psych of Adulthood & Aging	3	PHIL 306 Ethics of Health Care	3
PSYC 353 Health Psychology	3	PHYS 212 General Physics II	4
PSYC 380 Behavior Modification	3	PSYC 230 Human Development	3
SOC 364 Social Gerontology	3	PSYC 333 Psych of Adulthood & Aging	3
SW 315 Aging & the Aged	3	PSYC 351 Abnormal Psychology	3
<b>Subtotal</b>	<b>20</b>	<b>Subtotal</b>	<b>20</b>
<b>Sport Performance</b>		<b>IV. General Education Courses</b>	<b>Credits</b>
KINS 262 Health Survey	3	<b>Category I</b> (at least 6 credits and 2 subcategories)	
KINS 275 Prevention & Care of Injuries	2	MATH 104 or higher in subcategory IB	3-4
KINS 277 Prevention & Care Lab	1	<b>Category II</b> (9-12 credits and 2 subcategories)	
KINS 292 Management & Coaching Theory	2	BIOL 151 <u>or</u> BIOL 214	4
KINS 312 Psych of Sport & PA	3	BIOL 196 Human Nutrition	3
KINS 357 Strength & Conditioning	3	PHYS 100 Physical Science <u>or</u> PHYS 211	4 or 5
<b>Select 6 credits from the following:</b>		<b>Category III</b> (9-12 credits and 2 subcategories)	
BCOM 206 Business Writing	3	<b>Category IV</b> (9-12 credits and 2 subcategories)	
BCOM 207 Business Presentations	3	<b>Category V</b> (0-6 credits)	
KINS 274 First Aid & Community CPR	1		

**Human Performance Emphasis - Recommended Plan of Study  
2007-2008 Academic Catalogue – Cohort #1 (Fall application)**

Year	Fall Semester	Spring Semester
1	<b>KINS 190 Concepts in Kinesiology (3)</b> No prerequisite courses	<b>PHYS 100 or 211 Physics (4)</b> No prerequisite courses
	<b>KINS 194 Anatomical Kinesiology (3)</b> No prerequisite courses	<b>ENG 110 English Composition (5)</b> No prerequisite courses
	<b>CHEM 103 or 115 Chemistry (5)</b> CHEM 103 or 115 required for pre-professional students only	<b>MATH 104 or equivalent</b>
	<b>GE's</b>	<b>GE's</b>
2	<b>KINS 251 Intro to Human Performance (3)</b> KINS 190 is prerequisite Completion of or concurrent enrollment in KINS 304 and 308 Minimum resident and total GPA of 2.75 or higher Minimum sophomore standing  <i>Students apply for admission into the Human Performance program during enrollment in KINS 251 – this course is offered in the fall and spring semesters of each year</i>	<b>Admission decision to HPP - Cohort #1 (March 1)</b>  <b>BIOL 151 or 214 Human Anatomy/Physiology (4)</b> BIOL 214 required for pre-professional students and BIOL 151 required for all other specializations - CHEM 103 or 115 with a grade of C or above is required for enrollment in BIOL 214
	<b>KINS 304 Biomechanics (3)</b> KINS 194, and PHYS 100 or 211 are prerequisite	<b>Classes in specific Human Performance option</b>
	<b>KINS 308 Exercise Physiology (3)</b> KINS 194 is prerequisite	<b>GE's</b>
	<b>BIOL 196 Human Nutrition (3)</b> No prerequisite courses	
	<b>GE's</b>	
	3	<b>KINS 355 Human Performance Lab Assess (3)</b> KINS 251, 304, and 308 are prerequisite Concurrent enrollment in KINS 358 Enrollment limited to Human Performance students
<b>KINS 358 Health Fitness Instruction (3)</b> KINS 251, 304, and 308 are prerequisite Concurrent enrollment in KINS 355 Enrollment limited to Human Performance students		<b>KINS 466 Community Fitness Program (1)</b> Concurrent enrollment in KINS 464
<b>Classes in specific Human Performance option</b>		<b>*KINS 498 Human Performance Internship (6)</b> KINS 251, 355, and 358 are prerequisite Maintenance of American Red Cross and CPR certification Satisfactory completion of a background information disclosure
<b>KINS 357 Strength &amp; Conditioning (3)</b>  <i>Students apply for admission into the Human Performance internship program during their junior year</i>		<b>Classes in specific Human Performance option</b>  <i>*Internships can be completed during the summer or spring semesters on a space available basis</i>
<b>Summer</b>		<b>*KINS 498 Human Performance Internship (6)</b>
4	<b>KINS 426 Motor Learning &amp; Development (3)</b>	N/A
	<b>KINS 440 Human Performance Seminar (3)</b> KINS 251, 355, 358, 464, and 498 are prerequisite	
	<b>KINS 474 Research Methods in Kinesiology (3)</b>  <b>Classes in specific Human Performance option</b>	

Students formally apply for admission into the Human Performance program during enrollment in KINS 251 and will be notified of the decision on their application in the next semester. Upon acceptance into the program, students begin the professional phase of their program, which is a two-year course of study that requires students to take a specific sequence of courses each semester until graduation. The sequence of classes will be determined by the cohort in which students were admitted:

Cohort #1 – Fall application/spring admission

Cohort #2 – Spring application/fall admission

**Human Performance Emphasis - Recommended Plan of Study  
2007-2008 Academic Catalogue – Cohort #2 (Spring application)**

Year	Fall Semester	Spring Semester
<b>1</b>	<b>KINS 190 Concepts in Kinesiology (3)</b> No prerequisite courses  <b>KINS 194 Anatomical Kinesiology (3)</b> No prerequisite courses  <b>CHEM 103 or 115 Chemistry (5)</b> CHEM 103 or 115 required for pre-professional students only  <b>GE's</b>	<b>PHYS 100 or 211 Physics (4)</b> No prerequisite courses  <b>ENG 110 English Composition (5)</b> No prerequisite courses  <b>MATH 104 or equivalent</b>  <b>GE's</b>
<b>2</b>	<b>BIOL 151 or 214 Human Anatomy/Physiology (4)</b> BIOL 214 required for pre-professional students and BIOL 151 required for all other specializations - CHEM 103 or 115 with a grade of C or above is required for enrollment in BIOL 214  <b>BIOL 196 Human Nutrition (3)</b> No prerequisite courses  <b>Classes in specific Human Performance option</b>  <b>GE's</b>	<b>KINS 251 Intro to Human Performance (3)</b> KINS 190 is prerequisite Completion of or concurrent enrollment in KINS 304 and 308 Minimum resident and total GPA of 2.75 or higher Minimum sophomore standing  <i>Students apply for admission into the Human Performance program during enrollment in KINS 251 – this course is offered in the fall and spring semesters of each year</i>  <b>KINS 304 Biomechanics (3)</b> KINS 194, and PHYS 100 or 211 are prerequisite  <b>KINS 308 Exercise Physiology (3)</b> KINS 194 is prerequisite  <b>GE's</b>
<b>3</b>	<b>Admission decision to HPP- Cohort #2 (October 1)</b>  <b>Classes in specific Human Performance option</b>  <b>GE's</b>  <i>Students apply for admission into the Human Performance internship program during their junior year</i>	<b>KINS 355 Human Performance Lab Assess (3)</b> KINS 251, 304, and 308 are prerequisite Concurrent enrollment in KINS 358 Enrollment limited to Human Performance students  <b>KINS 358 Health Fitness Instruction (3)</b> KINS 251, 304, and 308 are prerequisite Concurrent enrollment in KINS 355 Enrollment limited to Human Performance students  <b>KINS 357 Strength &amp; Conditioning (3)</b>  <b>Classes in specific Human Performance option</b>
	<b>Summer</b>	<b>*KINS 498 Human Performance Internship (6)</b>
<b>4</b>	<b>KINS 464 Gerontology &amp; Special Populations (3)</b> KINS 251, 355, and 358 are prerequisite  <b>KINS 466 Community Fitness Program (1)</b> Concurrent enrollment in KINS 464  <b>Classes in specific Human Performance option</b>  <b>*KINS 498 Human Performance Internship (6)</b> KINS 251, 355, and 358 are prerequisite Maintenance of American Red Cross and CPR certification Satisfactory completion of a background information disclosure  <i>*Internships can be completed during the summer or fall semesters on a space available basis</i>	<b>KINS 426 Motor Learning &amp; Development (3)</b>  <b>KINS 440 Human Performance Seminar (3)</b> KINS 251, 355, 358, 464, and 498 are prerequisite  <b>KINS 474 Research Methods in Kinesiology (3)</b>  <b>Classes in specific Human Performance option</b>

Students formally apply for admission into the Human Performance program during enrollment in KINS 251 and will be notified of the decision on their application in the next semester. Upon acceptance into the program, students begin the professional phase of their program, which is a two-year course of study that requires students to take a specific sequence of courses each semester until graduation. The sequence of classes will be determined by the cohort in which students were admitted:

Cohort #1 – Fall application/spring admission

Cohort #2 – Spring application/fall admission

The remainder of your plan of study for either cohort will largely be determined by the option area selected within Human Performance:

**Required courses in Sport Performance option** (Code 991-066) include KINS 262, 275, 277, 292, 312, 357; and 6 credits of electives selected from: BCOM 206, 207; KINS 274, 313, 348, 420, 450; PSYC 230, 380.

**Required courses in Fitness Management option** (Code 991-067) include ACCT 201, 202; BCOM 206 or 207; IS 240; MGMT 340, 349; MKTG 330.

**Required courses in Health Promotion option** (Code 991-068) include ADTN 375; FMHN 220; KINS 262, 275, 277; and 10 credits of electives selected from: ADTN 360; KINS 312, 330, 445, 450; NSYS 389; PHIL 306; PSYC 230, 333, 353, 380; PHP 450; SOC 364; and SW 315.

**Required courses in Pre-Professional option** (Code 991-069) include BIOL 314; CHEM 103 or 115, 150 or 325; and 8 credits of electives selected from: ADTN 375; CHEM 104, 326, 352; FMHN 220; KINS 275, 277, 310, 330, 375, 376, 420, 445; MATH 111, 112, 114; PHIL 306; PHYS 212; and PSYC 230, 333, 351.

**The following GE courses are required for all Human Performance students:** Biol 196, 151 or 214 (Biol 214 is required for the pre-professional option); and Phys 100 or 211. The University Wellness Activity and Theory requirement and the Service-Learning requirement are met by the completion of required coursework within this major.

## Human Performance Emphasis – Additional Information 2007-2008 Academic Catalogue

### Contact Information

Schedule an appointment with one of the following advisers to learn more about the degree requirements associated with Human Performance. Please be aware that it may take several days to get an appointment with an adviser so please be proactive in your planning.

**Donald Bredle, PhD**  
Associate Professor

**Phone** (715) 836-3953  
**E-mail** [bredledl@uwec.edu](mailto:bredledl@uwec.edu)

**Office** McPhee 123

Dr. Bredle teaches courses in exercise physiology and laboratory assessment. He also serves as the Director for the Human Performance Laboratory.

**Lance Dalleck, PhD**  
Assistant Professor

**Phone** (715) 836-3774  
**E-mail** [dalleclc@uwec.edu](mailto:dalleclc@uwec.edu)

**Office** McPhee 227

Dr. Dalleck teaches courses in the areas of exercise prescription, special populations and research methodology. He also serves as the Director for the Community Fitness Program.

**Jeffrey Janot, PhD, EPC**  
Assistant Professor

**Phone** (715) 836-5333  
**E-mail** [janotjm@uwec.edu](mailto:janotjm@uwec.edu)

**Office** McPhee 229

Dr. Janot is the Program Director for the Human Performance program and teaches courses in exercise prescription and senior capstone experience. He also serves as the Coordinator for the Human Performance Internship Program.

**Peg Johnson, MA, CSCS**  
Senior Lecturer

**Phone** (715) 836-4026  
**E-mail** [molinepa@uwec.edu](mailto:molinepa@uwec.edu)

**Office** McPhee 177

Ms. Johnson teaches courses related to strength and conditioning and exercise prescription.

**Mary La Rue, ABD**  
Assistant Professor

**Phone** (715) 836-3374  
**E-mail** [laruemj@uwec.edu](mailto:laruemj@uwec.edu)

**Office** McPhee 132

Ms. La Rue teaches courses related to biomechanics, anatomy, CPR/First Aid, and athletic training.

### Professional Associations

Visit the following websites to learn more about Human Performance as an area of study:

**American College of Sports Medicine**  
**American Society of Exercise Physiologists**  
**Medical Fitness Association**  
**National Intramural-Recreational Sports Association**  
**National Strength and Conditioning Association**

[www.acsm.org](http://www.acsm.org)  
[www.asep.org](http://www.asep.org)  
[www.medicalfitness.org](http://www.medicalfitness.org)  
[www.nirsa.org](http://www.nirsa.org)  
[www.nasca-lift.org](http://www.nasca-lift.org)

### Career Opportunities

Visit the following websites to search for specific career opportunities in Human Performance:

**Exercisejobs.com**  
**Health and Wellness Jobs**  
**HP Career-NET**  
**Medical Fitness Jobs**  
**Recreation Jobs**  
**Wellness Connection**

[www.exercisejobs.com](http://www.exercisejobs.com)  
[www.healthandwellnessjobs.com](http://www.healthandwellnessjobs.com)  
<http://www.hpcareer.net/jobspage.cfm>  
[www.medicalfitness.org/careers/index.html](http://www.medicalfitness.org/careers/index.html)  
[www.bluefishjobs.com](http://www.bluefishjobs.com)  
[www.wellnessconnection.com](http://www.wellnessconnection.com)