

Department of Kinesiology
Comprehensive Major: Kinesiology - Human Performance Emphasis
2009-2010 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 309, 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 304, 308, and 309
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 – 40%
2. Overall performance in Kins 304, 308, and 309 – 36%
3. Evaluation of student cover letter, resume, and application self-reflective essays – 24%

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 309

Credits required prior to

program admission: Completion of 30 credits or more

Minimum GPA: 2.75 resident, major, and total GPA

Special grade/course

requirement: Completion of KINS 304, 308, and 309

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

Enrollment limitations: Maximum of 30 students admitted per semester

Admission to internship: Completion of KINS 309, 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⁺ or better. ***Human Performance core courses with a grade lower than C⁺ must be repeated.***

Transfer Students

Transfer students must meet all application requirements prior to application to the program. KINS 309 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
Kinesiology Core Courses	12	KINS 313 Soc of Sport & PA	3
Human Performance Courses	29	KINS 330 Thera Ex in Ath Training	3
Specialization Area (select <u>1</u> specialization area)	19	KINS 348 Human Perform Apprenticeship	3
General Education Courses	39	KINS 420 Med Aspects of Ath Training	3
Elective Courses	21	KINS 450 Appl Nutr in Kinesiology	3
Total	120	PSYC 230 Human Development	3
II. Kinesiology Core Courses (12 credits)	Credits	PSYC 380 Behavior Modification	3
KINS 294 Anatomical Kinesiology	3	Fitness Management	
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	2
III. Human Perf. Courses (29 credits)	Credits	BCOM 207 Business Presentations	2
KINS 309 Intro to Human Performance	3	IS 240 Information Systems in Business	3
KINS 355 Human Perform Lab Assessment	3	MGMT 340 Organizational Behavior	3
KINS 357 Strength & Conditioning	3	Select 3 credits from the following:	
KINS 358 Health Fitness Instruction	3	KINS 200 Concepts in Kinesiology	3
KINS 440 Human Performance Seminar	3	KINS 348 Human Perform Apprenticeship	3
KINS 464 Gerontology & Special Populations	3	NRSG 333 Wellness in the Work World	3
KINS 466 Community Fitness Program	2	MGMT 349 Human Resource Manage	3
KINS 474 Research Methods in Kinesiology	3	MKTG 330 Principles of Marketing	3
KINS 498 Human Performance Internship	6	Pre-Professional	
IV. Specialization Area Courses (19 credits)	Credits	BIOL 314 Anatomy & Physiology II	4
Health Promotion		CHEM 103 General Chemistry <u>or</u> 115	5
NRSG 375 Pharm & Patho Alld Hlth Pro	3	CHEM 104 General Chemistry II <u>or</u>	5
NRSG 220 Language of Health Care	1	CHEM 150 Survey of Biochemistry <u>or</u>	3
KINS 262 Health Survey	3	CHEM 325 Organic Chemistry I	4
KINS 275 Prevention & Care of Injuries	2	Select 5-7 credits from the following:	
KINS 277 Prevention & Care Lab	1	NRSG 375 Health Promotion & Illness	3
Select 9 credits from the following:		CHEM 326 Organic Chemistry II w/ Lab	4
NRSG 360 Death & Bereavement	3	CHEM 352 Fundamental Biochemistry	4
KINS 200 Concepts in Kinesiology	3	NRSG 220 Language of Health Care	1
KINS 312 Psych of Sport & PA	3	KINS 200 Concepts in Kinesiology	3
KINS 330 Therapeutic Exercise	3	KINS 275 Prevention & Care of Injuries	2
KINS 445 Basic ECG	3	KINS 277 Prevention & Care Lab	1
KINS 450 Appl Nutr in Kinesiology	3	KINS 310 Therapeutic Modalities	3
NRSG 389 Cross Cultural Health	3	KINS 330 Therapeutic Exercise	3
PHIL 306 Ethics of Health Care	3	KINS 375 Eval Techs – Lower body	3
PSYC 230 Human Development	3	KINS 376 Eval Techs – Upper body	3
PSYC 333 Psych of Adulthood & Aging	3	KINS 420 Med Aspects of AT	3
PSYC 353 Health Psychology	3	KINS 445 Basic ECG	3
PSYC 380 Behavior Modification	3	MATH 111 Short Course in Calculus	4
SOC 364 Social Gerontology	3	MATH 112 Pre-Calculus Mathematics	4
SW 315 Aging & the Aged	3	MATH 114 Calculus I	4
NRSG 333 Wellness in the Work World	3	PHIL 306 Ethics of Health Care	3
Sport Performance		PHYS 212 General Physics II	4
KINS 262 Health Survey	3	PSYC 230 Human Development	3
KINS 275 Prevention & Care of Injuries	2	PSYC 333 Psych of Adulthood & Aging	3
KINS 277 Prevention & Care Lab	1	PSYC 351 Abnormal Psychology	3
KINS 292 Management & Coaching Theory	2	IV. General Education Courses	Credits
KINS 312 Psych of Sport & PA	3	Category I (at least 6 credits and 2 subcategories)	
Select 8 credits from the following:		MATH 246	4
BCOM 206 Business Writing	2	Category II (9-12 credits and 2 subcategories)	
BCOM 207 Business Presentations	2	BIOL 151 <u>or</u> BIOL 214	4
KINS 200 Concepts in Kinesiology	3	BIOL 196 Human Nutrition	3
KINS 274 First Aid & Community CPR	1	PHYS 100 Physical Science <u>or</u> PHYS 211	4-5
		Category III (9-12 credits and 2 subcategories)	
		<i>Fitness Mgmt option: ECON 103 & 104</i>	6
		Category IV (9-12 credits and 2 subcategories)	

**Human Performance Emphasis - Recommended Plan of Study
2009-2010 Academic Catalogue – Cohort #1 (Fall application)**

Year	Fall Semester	Spring Semester
1	KINS 294 Anatomical Kinesiology (3) No prerequisite courses	PHYS 100 or 211 Physics (4-5) No prerequisite courses
	CHEM 103 or 115 Chemistry (5) CHEM 103 or 115 required for pre-professional students only	ENGL 110 English Composition (5) No prerequisite courses
	GE's	GE's
2	KINS 309 Intro to Human Performance (3) 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 309</i>	Admission decision to HPP - Cohort #1 (March 1) BIOL 151 or 214 Human Anatomy/Physiology (4) 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
	KINS 304 Biomechanics (3) KINS 294, and PHYS 100 or 211 are prerequisite	Classes in specific Human Performance option
	KINS 308 Exercise Physiology (3) KINS 294 is prerequisite	GE's
	BIOL 196 Human Nutrition (3) No prerequisite courses	
	GE's	
3	KINS 355 Human Performance Lab Assess (3) KINS 309, 304, and 308 are prerequisite Concurrent enrollment in KINS 358 Enrollment limited to Human Performance students	KINS 464 Gerontology & Special Populations (3) KINS 309, 355, and 358 are prerequisite
	KINS 358 Health Fitness Instruction (3) KINS 309, 304, and 308 are prerequisite Concurrent enrollment in KINS 355 Enrollment limited to Human Performance students	KINS 466 Community Fitness Program (2) Concurrent enrollment in KINS 464
	KINS 357 Strength & Conditioning (3)	*KINS 498 Human Performance Internship (6) KINS 309, 355, and 358 are prerequisite Maintenance of American Red Cross and CPR certification Satisfactory completion of a background information disclosure
	MATH 246 Elementary Statistics (4)	Classes in specific Human Performance option
	Classes in specific Human Performance option	<i>*Internships can be completed during the summer or spring semesters on a space available basis</i>
	Summer	*KINS 498 Human Performance Internship (6)
4	KINS 426 Motor Learning & Development (3)	N/A
	KINS 440 Human Performance Seminar (3) KINS 309, 355, 358, 464, and 498 are prerequisite	
	KINS 474 Research Methods in Kinesiology (3)	
	Classes in specific Human Performance option	

Students formally apply for admission into the Human Performance program during enrollment in KINS 309 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
2009-2010 Academic Catalogue – Cohort #2 (Spring application)**

Year	Fall Semester	Spring Semester
1	KINS 294 Anatomical Kinesiology (3) No prerequisite courses	PHYS 100 or 211 Physics (4-5) No prerequisite courses
	CHEM 103 or 115 Chemistry (5) CHEM 103 or 115 required for pre-professional students only	ENGL 110 English Composition (5) No prerequisite courses
	GE's	GE's
2	BIOL 151 or 214 Human Anatomy/Physiology (4) 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	KINS 309 Intro to Human Performance (3) Completion of or concurrent enrollment in KINS 304 and 308 Minimum resident and total GPA of 2.75 or higher Minimum sophomore standing
	Classes in specific Human Performance option	<i>Students apply for admission into the Human Performance program during enrollment in KINS 309</i>
	GE's	KINS 304 Biomechanics (3) KINS 294, and PHYS 100 or 211 are prerequisite
		KINS 308 Exercise Physiology (3) KINS 294 is prerequisite
		BIOL 196 Human Nutrition (3) No prerequisite courses
		GE's
3	Admission decision to HPP- Cohort #2 (October 1)	KINS 355 Human Performance Lab Assess (3) KINS 309, 304, and 308 are prerequisite Concurrent enrollment in KINS 358 Enrollment limited to Human Performance students
	Classes in specific Human Performance option	KINS 358 Health Fitness Instruction (3) KINS 309, 304, and 308 are prerequisite Concurrent enrollment in KINS 355 Enrollment limited to Human Performance students
	GE's	KINS 357 Strength & Conditioning (3)
		MATH 246 Elementary Statistics (4)
		Classes in specific Human Performance option
	Summer	*KINS 498 Human Performance Internship (6)
4	KINS 464 Gerontology & Special Populations (3) KINS 309, 355, and 358 are prerequisite	KINS 426 Motor Learning & Development (3)
	KINS 466 Community Fitness Program (2) Concurrent enrollment in KINS 464	KINS 440 Human Performance Seminar (3) KINS 309, 355, 358, 464, and 498 are prerequisite
	Classes in specific Human Performance option	KINS 474 Research Methods in Kinesiology (3)
	*KINS 498 Human Performance Internship (6) KINS 309, 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>	Classes in specific Human Performance option

Students formally apply for admission into the Human Performance program during enrollment in KINS 309 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 – Additional Information 2009-2010 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

Office McPhee 123

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

Lisa Herb, MA
Associate Professor

Phone (715) 836-5475
E-mail herblk@uwec.edu

Office McPhee 221

Ms. Herb is the Program Director for the Movement Studies program and teaches courses related to sport sociology and psychology and introduction to Kinesiology. She is advisor for pre-Human Performance students.

Jeffrey Janot, PhD, ACSM-CES
Associate Professor

Phone (715) 836-5333
E-mail janotjm@uwec.edu

Office McPhee 225

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

Office McPhee 177

Ms. Johnson teaches courses related to strength and conditioning, exercise prescription, and introduction to Human Performance.

Mary La Rue, ABD
Assistant Professor

Phone (715) 836-3374
E-mail laruemj@uwec.edu

Office McPhee 215

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

Russ Peloquin, MA
Associate Lecturer

Phone (715) 836- 4400
E-mail peloqurs@uwec.edu

Office McPhee 132

Mr. Peloquin teaches courses related to Physical Education, Wellness Theory and Activity. He also serves as an advisor for Human Performance students and assistant coordinator of the Human Performance Internship Program.

Gary Van Guilder, PhD
Assistant Professor

Phone (715) 836-3774
E-mail vanguig@uwec.edu

Office McPhee 223

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

Professional Associations

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

American College of Sports Medicine

www.acsm.org

American Society of Exercise Physiologists

www.asep.org

Medical Fitness Association

www.medicalfitness.org

National Intramural-Recreational Sports Association

www.nirsa.org

National Strength and Conditioning Association

www.nasca-lift.org

Career Opportunities

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

Exercisejobs.com

www.exercisejobs.com

Health and Wellness Jobs

www.healthandwellnessjobs.com

HP Career-NET

<http://www.hpcareer.net/jobspage.cfm>

Medical Fitness Jobs

www.medicalfitness.org/careers/index.html

Recreation Jobs

www.bluefishjobs.com

Wellness Connection

www.wellnessconnection.com