



KINESIOLOGY

UW-EAU CLAIRE UNDERGRADUATE FACT SHEET

Kinesiology is the study of the art and science of human movement. The goal of the department is to promote and advance society's appreciation for human movement and its numerous contributions to an improved quality of life. This goal is addressed through programs covering the biological, psychological, social and environmental factors that influence an individual's capacity to lead a healthy lifestyle. Whether your interests are in personal fitness, athletic training, coaching, teaching, health and wellness, or one of our pre-professional programs like cardiac rehabilitation or physical therapy there is something for everyone interested in the study of human movement.

WHY STUDY KINESIOLOGY?

- It has many practical applications and leads to a variety of exciting career opportunities related to human performance.
- It is great preparation for graduate studies in areas such as exercise physiology, cardiac rehabilitation, biomechanics, physical therapy, occupational therapy and education.
- The degree options in kinesiology will prepare students to take on leadership roles in using exercise as a means to help prevent health problems from obesity to heart disease to the treatment of sports related injuries and using exercise to improve the health of cancer survivors.
- Kinesiology graduates have the opportunity to work with people of all ages, abilities and stages of life.
- Students in the programs also can improve their physical performance while building an exciting career in helping others improve their quality of life.

THE EAU CLAIRE ADVANTAGE

- **Great facilities.** The McPhee/Olson Physical Education Center is an outstanding facility with six gymnasias including an indoor 200-meter track, a competition-size swimming pool, eight racquetball courts, spacious weight training and fitness center, sports medicine/athletic training room, dance studio, human performance laboratory and computer laboratory. Outdoor facilities include a 400-meter track, tennis courts and jogging and fitness trails.
- **Outstanding pre-professional experiences.** Students can participate in a wide variety of pre-professional experiences such as, student-faculty collaboration and research, job shadowing and

UW-EAU CLAIRE FACTS AT A GLANCE

- Location: Eau Claire, Wis.; city pop. 64,000, metro. pop. 151,000
- Average enrollment: 10,500
- Undergraduates: 10,063
- Graduate students: 503
- International students: 124
- Multicultural students: 485
- Average men-women ratio: 2-to-3
- Students who spend at least a semester studying abroad: 24%
- Students doing undergraduate research with faculty/staff: 710+
- ACT composite average: 24+
- Average high school rank: 77%
- Average class size: 28
- Faculty-student ratio: 1-to-20
- Computers-student ratio: 1-to-9
- Student organizations: 224
- Walk across campus: About 10 minutes
- Nickname: Blugolds
- Colors: Navy and old gold

mentoring with area professionals, K-12 field experiences and teacher assisting, coaching and human performance apprenticeships, attend regional professional meetings and workshops, clinics and workshops to obtain additional certifications and licensures, work at summer sport camps, or participating in the community fitness program just to name a few.

- **Culminating capstone opportunities.** All degree programs provide capstone experiences including internships or student teaching experiences.

CAREER OPTIONS

- Teach physical education and/or coach interscholastic teams.
- Work as an athletic trainer for sports medicine clinics, schools or sport teams.
- Work in the health and fitness field for public institutions and private corporations such as athletic clubs, health clubs, wellness centers and youth organizations or as a personal trainer.
- Continue your education through graduate study for work in areas such as exercise physiology, physical therapy, chiropractic, cardiac rehabilitation, motor learning, athletic administration, biomechanics, sport psychology or various medical fields.

UNDERGRADUATE PROGRAMS

The UW-Eau Claire department of kinesiology offers:

Major

- Kinesiology
- Athletic Training (see separate Fact Sheet)

Areas of emphasis

- Movement Studies (standard liberal arts major; requires a minor outside of department)
- Teaching Early Childhood through Adolescence Physical Education
- Sport Pedagogy
- Human Performance (areas of specialization include Sport Performance, Fitness Management, Health Promotion and Pre-Professional)

Minor

- Science of Coaching
- Adaptive Physical Education
- Kinesiology

Special department admissions requirements

Refer to the UW-Eau Claire catalogue, check out the kinesiology Web site or contact the kinesiology department, for detailed admission requirements.

Admission is competitive and resources available limit the number of students admitted to the programs.

HIGH SCHOOL PREPARATION

- A minimum of 17 college preparatory units are required including:
 - 4 years of English (at least 3 composition and literature)
 - 2 years of a single foreign language
 - 3 years of math (algebra, geometry, 1 advanced college preparatory math)
 - 3 years of natural science
 - 3 years of social science (1 must be world or American history)
 - 2 additional units in the areas already mentioned or other academic areas.

FRESHMAN COURSE WORK

Sample First Year

Physical education or sport pedagogy emphasis

FALL SEMESTER		
COURSE#	TITLE	CREDITS
Kins 190	Concepts in Kinesiology	3
Phys 100	Physical Science	4
Engl 110	Introduction to College Writing	5
GE III or IV		3

SPRING SEMESTER

COURSE#	TITLE	CREDITS
Kins 194	Anatomical Kinesiology	3
Kins 290	Introduction to Physical Education	3
Biol 130	Human Sexual Biology	3
Math 104	Finite Mathematics with Applications	4
Pols 110	American National Politics	3

Human performance emphasis

FALL SEMESTER		
COURSE#	TITLE	CREDITS
Kins 190	Concepts in Kinesiology	3
Engl 110	Introduction to College Writing	5
Chem 103 or 115	General Chemistry	5
GE III or IV		3

SPRING SEMESTER

COURSE#	TITLE	CREDITS
Kins 194	Anatomical Kinesiology	3
Biol 196	Human Nutrition	3
Phys 100 or Phys 211		4/5
Math 104		4

Movement studies emphasis

FALL SEMESTER		
COURSE#	TITLE	CREDITS
Kins 190	Concepts in Kinesiology	3
Kins 194	Anatomical Kinesiology	3
Engl 110	Introduction to College Writing	5
GE III or IV or foreign language		3-6

SPRING SEMESTER

COURSE#	TITLE	CREDITS
Biol 151	Biology of Humans or Physics 100	4
GE III or IV or foreign language		6
Course in minor		3

FOR MORE INFORMATION

For more information about the kinesiology program:

KINESIOLOGY

McPhee Physical Education Center
UW-Eau Claire
Eau Claire, WI 54702-4004
715-836-3840
kinesiology@uwec.edu
www.uwec.edu/kin

For more information about campus including costs, housing, admission requirements and tours:

ADMISSIONS

Schofield Hall 112
UW-Eau Claire
Eau Claire, WI 54702-4004
715-836-5415
admissions@uwec.edu
www.uwec.edu/admissions



Experience the Eau Claire Advantage.