



Kinesiology

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http://www.sph.umd.edu/KNES/ugrad/overview_ugrad.html

Key Features of a Kinesiology Major

- Classroom and hands-on learning of physical activity and movement. This includes “anatomical, physiological, psychological, sociological, educational, historical, and managerial perspectives.”
- Facilities and laboratories designed to enhance classroom knowledge.
- Faculty experienced in the field, eager to continue cutting-edge research and to engage students in the study of physical movement, exercise, and sport.
- Proximity to locations offering a wealth of internship opportunities, the chance to engage in service learning, and a wide variety of research projects in which to participate.
- There are two undergraduate majors in the Kinesiology Department: a BS in Kinesiological Sciences and a BS in Physical Education (with teaching certification).

Career Options and Salaries with a Kinesiology Major

Kinesiology provides the educational and practical background necessary to engage in a variety of careers. Many of these are health-related; however, some majors choose to pursue careers within the sports industry. Within the healthcare industry, kinesiologists may follow their Bachelor’s Degree with a professional program: medicine, physical or occupational therapy, chiropractics. Sports management, athletic training, sports marketing, and coaching all offer the kinesiology major exciting career options. As with many other majors, the kinesiology student can also pursue professional careers in law or the corporate world.

The following were median salaries as of May 2016:

<i>Physical Therapist:</i>	\$84,020
<i>Occupational Therapist:</i>	\$80,150
<i>Chiropractor:</i>	\$64,440
<i>Coaching:</i>	\$31,000
<i>Athletic Trainer:</i>	\$44,670

Information from *Occupational Outlook Handbook, 2016-17 edition* (<http://stats.bls.gov/oco/>)

Advising

Students interested in changing their major to Kinesiology or declaring Kinesiology as a double major or double degree must attend a change of major workshop.

1. Go online to Student Services (<https://sph.umd.edu/content/become-sph-major>) and register to attend both a Change of Major Workshop and an Academic Plan Workshop.

 - a. Register to attend a KNES Change of Major Workshop (1 hour). First time users will need to register with the Student Services online appointment system. If workshops are full or not available, please email advisingknes@umd.edu to get on the waitlist.
 - b. Register to attend an Academic Plan Workshop for a date after the Change of Major Workshop (1h 30min). All students wanting to declare the Kinesiology major must complete an Academic Plan during an Academic Plan workshop.

Note: It will take up to 10 business days after a student attends the Academic Plan workshop for the plan to be reviewed and the major to be officially declared.

For more information, visit: http://sph.umd.edu/KNES/ugrad/change_of_major_workshop.html

Declaring a Kinesiology Major

- ***Kinesiology is not a Limited Enrollment Program. If you have decided to major in this field, you can declare immediately!***

When you declare that you will major in Kinesiology, you are also declaring that you will be a student in the School of Public Health, which houses the Kinesiology Department. There are two levels in your process of declaring and later advising, the department (Kinesiology) and the College (School of Public Health). The College will advise you regarding your CORE or GEN ED requirements and the Department will advise you regarding your major requirements. The Kinesiology Department recommends that students meet with an advisor at each level, every semester.

- Once you have decided to change your major to KNES, you will need to attend a Change of Major Workshop. In order to prepare and sign up for the workshop, see the instructions at <http://sph.umd.edu/department/knes/kinesiology-change-major-workshops>
- After completing the workshop, you will be required to develop a 4-Year Academic Plan. **IMPORTANT:** Your major will only be changed upon the completion and approval of a 4-Year Plan. For directions on filling out the plan, go to <http://sph.umd.edu/content/four-year-plans>.

Gen Ed Four Year Plan

First Year:

MATH113 (MA)	3	ENGL101 (AW)	3
Humanities (HU)*	3	Humanities (HU)*	3
KNES 293 (HS)	3	KNES 287 (UP)	3
KNES200 (or KNES201*)	3	BSCI 170/71 (formerly 105)(NL)	4
Elective	1	<u>Elective</u>	<u>3</u>
<u>Activity</u>	<u>1</u>		
	14 credits		16 credits

Second Year:

BSCI 201	4	BSCI 202	4
KNES 370	3	KNES 350 (HS)	3
Oral Communication (OC)	3	Analytic Reasoning (AR)	3
Elective	3	Statistics+	3
<u>Activity</u>	<u>1</u>	<u>Elective</u>	<u>3</u>
	14 credits		16 credits

Third Year:

KNES 360	4	KNES 300	4
UP or CC	3	KNES385	3
KNES Option #1	3	KNES Option #2	3
Elective	3	Professional Writing (PW)	3
<u>Activity</u>	<u>1</u>	<u>Elective</u>	<u>3</u>
	14 credits		16 credits

Fourth Year:

KNES Option #3	3	KNES 497 (SP)**	3
KNES400	3	KNES Option #4	3
SP* outside major	3	Elective	3
Elective	3	Elective	3
<u>Elective</u>	<u>3</u>	Elective	2
	15 credits	<u>Activity</u>	<u>1</u>
			15 credits

TOTAL = 120 credits

Benchmarks: BSCI170/171 (formerly BSCI105) and one KNES Core course must be completed with grades of “C-” or higher by the end of two semesters into the major; BSCI201 and a total of two KNES Core courses must be completed by end of **three semesters** in the major.

* KNES200 is a 3 credit course. KNES201 is a 1 credit course. Students who take KNES201 to fulfill this requirement must complete an additional 2 credits of elective.

+ STAT100 or other approved courses may also fulfill the AR requirement.

*Select courses that will double count as I-Series.

**KNES497 must be completed in the final semester prior to graduation.

CORE Four Year Plan

First Year:

MATH113 (FM)	3	ENGL101 (FE)	3
HA	3	SB	3
KNES 293 (SH)	3	KNES 287 (SB)	3
KNES200 (or KNES201*)	3	BSCI 170/71 (formerly 105)(LL)	4
<u>Activity</u>	<u>1</u>	<u>Elective</u>	<u>3</u>
	13 credits		16 credits

Second Year:

BSCI 201 (LL)	4	BSCI 202	4
KNES 350	3	KNES 370	3
Elective	3	PL or PS or MS	3
HO or HA or HL	3	Statistics	3
<u>HL</u>	<u>3</u>	<u>Activity</u>	<u>2</u>
	16 credits		15 credits

Third Year:

KNES 360	4	KNES 300	4
KNES 385	3	ENGL39_ (JE)	3
Elective	3	KNES Option #1	3
Elective	3	Elective	3
<u>Activity</u>	<u>1</u>	<u>Elective</u>	<u>3</u>
	14 credits		16 credits

Fourth Year:

KNES Option #2	3	KNES 497 (AS)	3
KNES Option #3	3	KNES Option #4	3
KNES400	3	Advanced Studies (AS)	3
Elective	3	Elective	3
<u>Elective</u>	<u>3</u>	<u>Elective</u>	<u>3</u>
	15 credits		15 credits

TOTAL = 120 credits

Benchmarks: BSCI170/171 (formerly BSCI105) and one KNES Core course must be completed with grades of "C-" or higher by the end of two semesters into the major; BSCI201 and a total of two KNES Core courses must be completed by end of **three semesters** in the major.

* KNES200 is a 3 credit course. KNES201 is a 1 credit course. Students who take KNES201 to fulfill this requirement must complete an additional 2 credits of elective.

Q & A

If I am considering a major in Kinesiology, are there any sequences of courses that I should be aware of?

Yes. In order to take BSCI 201 and BSCI 202, you need to first take BSCI 170/71. Also, BSCI 201 is only offered in the fall and BSCI 202 is only offered in the spring.

Does Kinesiology offer a minor?

As of this writing (6/18/16), the Sports Commerce and Culture minor has been suspended and is no longer accepting applicants. For more information, you may contact the Department of Kinesiology.

I'm interested in a career in Physical Therapy. Why does my advisor suggest Kinesiology as my major?

Kinesiology provides an excellent foundation for the later study and practice of Physical Therapy. As a Kinesiology major, you will learn how the body moves and the importance of physical activity. In addition, you will gain an understanding of the motor and neural impulses which cause movement and the applications to sports and general wellness. This knowledge will, in turn, provide you with the tools to study movement more in depth and to apply what you've learned to assisting patients with difficulty moving or performing everyday functions.

How can I keep up with events and information concerning Kinesiology and the School of Public Health?

The Kinesiology Department has a list-serve that provides updates on department and school events, career information, University policies and regulations, deadlines, etc. You may sign up by completing the following steps:

1. Send an email to: "LISTSERV@LISTSERV.UMD.EDU".
2. Leave the SUBJECT field blank.
3. In the BODY field (the area where the email message is typed), include the text message: "SUBSCRIBE KNES-UG [your full name]".
4. You will receive confirmation and further instructions in a reply message.