

Guide for Intercolleage Transfer to Kinesiology*



The Department of Kinesiology
College of Applied Health Sciences
University of Illinois at Chicago

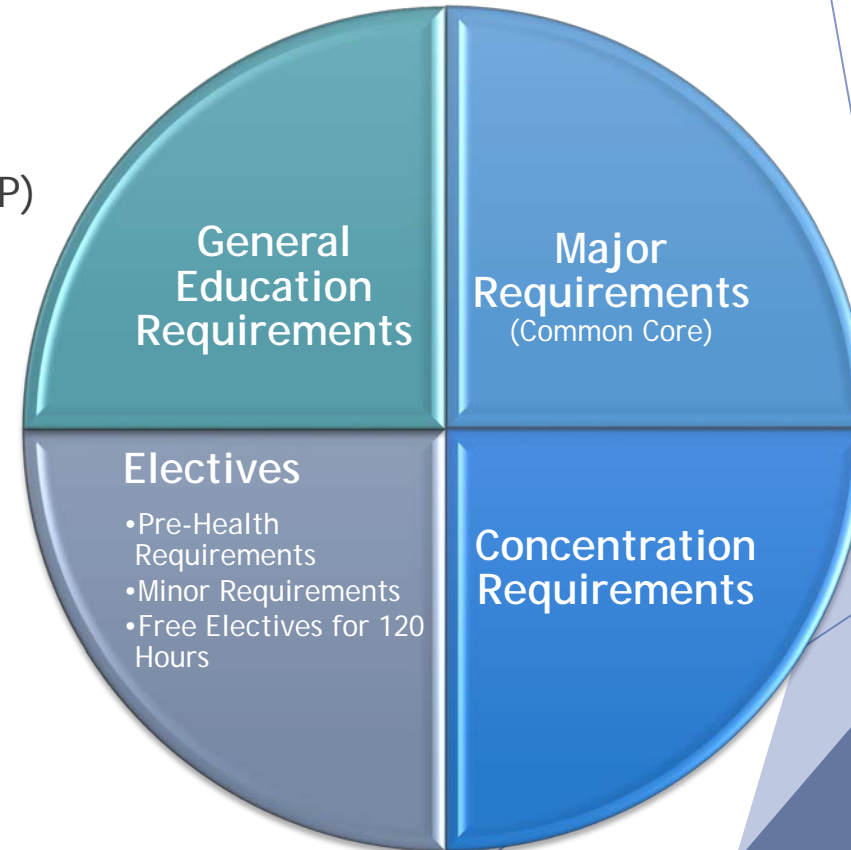
**for currently enrolled UIC students interested in transferring to the BS in Kinesiology*

Purpose of this Guide

- ▶ Explore the difference in concentrations and degree requirements
- ▶ Uncover some of the career paths for Kinesiology majors
- ▶ Share the minimum requirements for application
- ▶ Outline the application process and timeline
- ▶ Learn course options in the program
- ▶ Find out about Kinesiology wait lists
- ▶ See how Kinesiology advisors will work with you

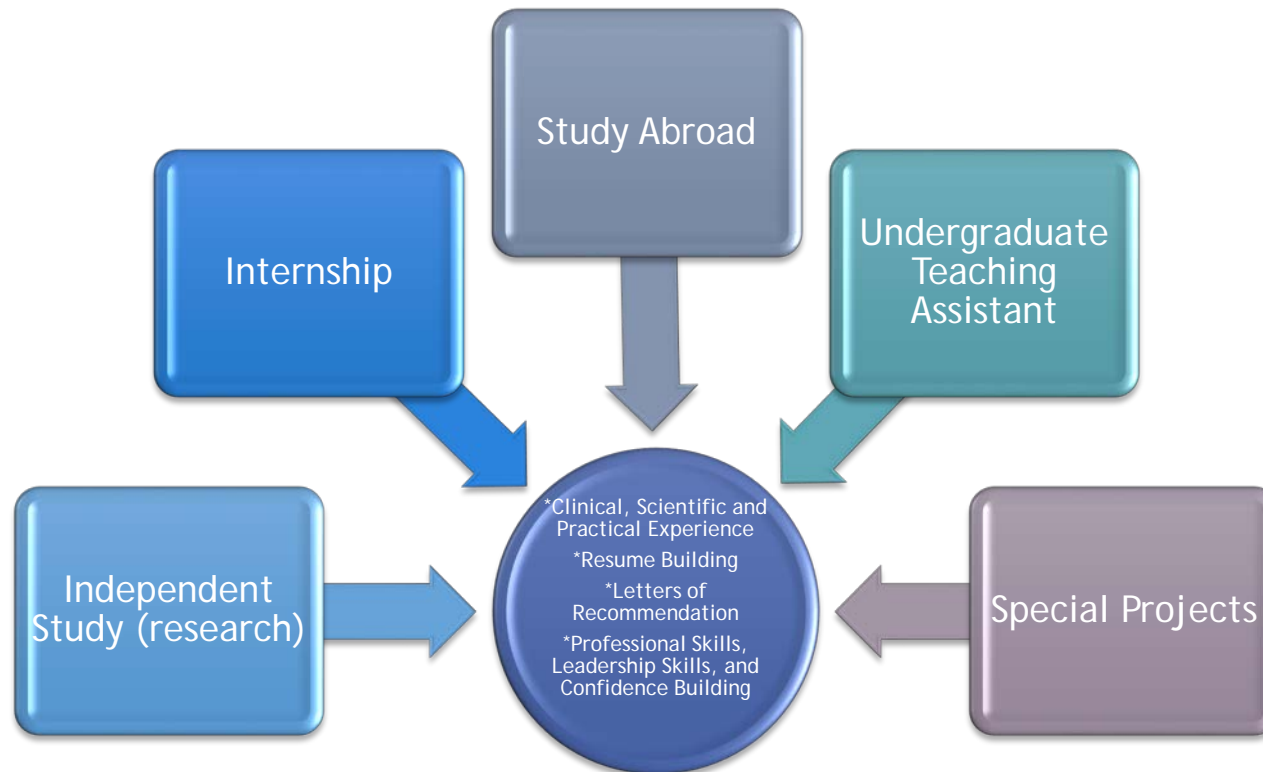
1 Major, 2 Concentrations

- ▶ Major: **Kinesiology**, a Bachelor of Science degree
 - ❖ Concentrations
 - Movement Science (MS)
 - Exercise Science and Health Promotion (ESHP)
- ▶ 120 degree hours required to graduate



Experiential Learning

- ▶ Taking classroom knowledge and applying it in real-world applications
 - ❖ Required in Exercise Science and Health Promotion for concentration hours
 - ❖ Counts as elective credit in Movement Science, not required



Movement Science Concentration

Student Name: _____

Student ID: _____

Beginning Term: _____

DEPARTMENT OF KINESIOLOGY & NUTRITION
Concentration in Movement Science

	Credit Hours --- Needed	Completed	Remaining
Gen'l Education:	27	_____	_____
Common Core:	42	_____	_____
Concentration:	38	_____	_____
Free Electives:	13	_____	_____
Total:	120 hrs	_____	_____

General Education Requirements (27 hours):

Term	Credits	Grade	Course	Course Title
_____	3	_____	ENGL 160	Academic Writing I: Writing in Academic & Public Contexts
_____	3	_____	ENGL 161	Academic Writing II: Writing for Inquiry & Research
_____	5	_____	BIOS 100	Biology of Cells and Organisms (Natural World)
_____	4	_____	PSCH 100	Introduction to Psychology (Individual & Society)
_____	3	_____	Exploring World Cultures	UG Catalog list _____
_____	3	_____	Understanding the Creative Arts	UG Catalog list _____
_____	3	_____	Understanding the Past	UG Catalog list _____
_____	3	_____	Understanding U.S. Society	UG Catalog list _____
				27 hrs

Common Core (42 hours):

Term	Credits	Grade	Course	Course Title
_____	3	_____	HN 196	Nutrition
_____	2	_____	KN 100	Kinesiology & Nutrition: First Year Seminar
_____	2	_____	KN 136	Techniques & Principles of Resistance Training
_____	3	_____	KN 152	Introduction to Exercise Science and Health
_____	3	_____	KN 200	Statistical Methods
_____	5	_____	KN 251	Human Physiological Anatomy I
_____	5	_____	KN 252	Human Physiological Anatomy II
_____	3	_____	KN 261	Applied Musculoskeletal Anatomy
_____	3	_____	KN 335	Exercise Psychology
_____	4	_____	KN 352	Physiology of Exercise
_____	3	_____	KN 361	Biomechanics: Intro to the Human Machine**
_____	3	_____	KN 372	Motor Control and Learning
_____	3	_____	KN 410	Aging & Neuromusculoskeletal Systems
				42 hrs

Concentration (38 hours):

Term	Credits	Grade	Course	Course Title
_____	5	_____	BIOS 101	Biology of Populations & Communities
_____	3	_____	BIOS 220	Mendelian Genetics
_____	5	_____	CHEM 112	General Chemistry I
_____	5	_____	CHEM 114	General Chemistry II
_____	4	_____	CHEM 232	Organic Chemistry I
_____	5	_____	MATH 180	Calculus
_____	3	_____	KN 465	Biomechanics of the Neuromusculoskeletal Systems
_____	3	_____	KN 472	Movement Neuroscience
_____	4	_____	PHYS 105	College Physics I
_____	1	_____	PHYS 106	College Physics I Lab
<u>OR</u>				
_____	4	_____	PHYS 141	General Physics
_____	1	_____	PHYS 144	General Physics Workshop
				38 hrs

Free Electives (13 hours):

Experiential Learning: ONE of the following listed courses is recommended.
 (Must meet GPA and specified requirements)
 Work with your advisor and/or faculty mentor to determine appropriate options.

Term	Credits	Grade	Course
_____	3	_____	KN 396 Project/Independent Study (May be repeated twice)
_____	6	_____	KN 398 & 399 Capstone/Senior Research Seminar Senior Research Project
_____	_____	_____	KN 493 Practicum in Undergraduate Teaching

Additional course work may be required to meet total elective hours.

Exercise Science & Health Promotion Concentration

Student Name: _____

Student ID: _____

Beginning Term: _____

DEPARTMENT OF KINESIOLOGY & NUTRITION
Concentration in Exercise Science & Health Promotion

	Credit Hours --- Needed	Completed	Remaining
Gen'l Education:	30-32	_____	_____
Common Core:	42	_____	_____
Add'l Required Study:	18	_____	_____
KN Selectives:	9	_____	_____
Experiential Learning:	3-6	_____	_____
Free Electives:	13-18	_____	_____
Total:	120 hrs	_____	_____

Additional Courses of Required Study (18 hours):

_____ 5	_____ MATH 121	Pre-Calculus (May be fulfilled w/ Math 180 from placement exam)
_____ 4	_____ CHEM 101	Prep Chem (May be fulfilled w/ Chem 112 from placement exam)
_____ 3	_____ KN 240	Instructional Techniques in Fitness
_____ 3	_____ KN 243	Basic Fitness Assessment
_____ 3	_____ KN 436	Health Coaching and Behavior Change
----- 18 hrs		

Selectives: Choose THREE of the following courses (9 hours):

Work with Advisor for suggested coursework.

_____ 3	_____ KN 331	Sport & Exercise Injury Management
_____ 3	_____ KN 334	Science of Athletic Coaching
_____ 3	_____ KN 337	Psychology of Injury and Recovery
_____ 3	_____ KN 339	Program Evaluation
_____ 3	_____ KN 345	Exercise Programming
_____ 3	_____ KN 350	Cadaver Dissection I
_____ 3	_____ KN 351	Cadaver Dissection II
_____ 3	_____ KN 400	Entrepreneurship for Applied Health Professionals
_____ 3	_____ KN 402	Worksite Wellness
_____ 3	_____ KN 431	Lower Extremity Overuse Injury
_____ 3	_____ KN 441	Muscle Physiology
_____ 3	_____ KN 442	Principles of ECG Interpretation
_____ 3	_____ KN 448	Modifications in Exercise Programming
_____ 3	_____ KN 465	Biomechanics of the Neuromusculoskeletal Systems
_____ 3	_____ KN 472	Movement Neuroscience
_____ 3	_____ KN 435	Psychology of Physical Activity and Sport

General Education Requirements (30-32 hours):

Term	Credits	Grade	Course	Course Title
_____	3	_____	ENGL 160	Academic Writing I: Writing in Academic & Public Contexts
_____	3	_____	ENGL 161	Academic Writing II: Writing for Inquiry & Research
_____	5	_____	BIOS 100	Biology of Cells and Organisms (Natural World)
_____	4	_____	PSCH 100	Introduction to Psychology (Individual & Society)
_____	3	_____	Exploring World Cultures	UG Catalog list
_____	3	_____	Understanding the Creative Arts	UG Catalog list
_____	3	_____	Understanding the Past	UG Catalog list
_____	3	_____	Understanding U.S. Society	UG Catalog list
_____	3-5	_____	Analyzing the Natural World*	UG Catalog list

* Additional course in Natural World GE Category is required in this concentration.				
30-32 hrs				

Common Core (42 hours):

Term	Credits	Grade	Course	Course Title
_____	3	_____	HN 196	Nutrition
_____	2	_____	KN 100	Kinesiology & Nutrition: First Year Seminar
_____	2	_____	KN 136	Techniques & Principles of Resistance Training
_____	3	_____	KN 152	Introduction to Exercise Science and Health
_____	3	_____	KN 200	Statistical Methods
_____	5	_____	KN 251	Human Physiological Anatomy I
_____	5	_____	KN 252	Human Physiological Anatomy II
_____	3	_____	KN 261	Applied Musculoskeletal Anatomy
_____	3	_____	KN 335	Exercise Psychology
_____	4	_____	KN 352	Physiology of Exercise
_____	3	_____	KN 361	Biomechanics: Intro to the Human Machine
_____	3	_____	KN 372	Motor Control and Learning
_____	3	_____	KN 410	Aging and the Neuromusculoskeletal Systems

42 hrs				

Experiential Learning: One of the following is required (3-6 hours)

Work with your advisor and/or faculty mentor to determine appropriate options. (Must meet GPA and specified requirements)

_____ 3	_____ KN 389	Fieldwork Experience
_____ 6	_____ KN 393	Internship
_____ 1 - 3	_____ KN 396	Independent Study (May be repeated twice)
_____ 6	_____ KN 398/399	Senior Research Seminar and Senior Research Project
_____ 1	_____ KN 493	Practicum in Undergraduate Teaching (May be repeated)
_____ 1 - 3	_____ KN 496	Special Projects in Kinesiology

Free Electives (13-18 hours):

Dependant on the hours that will fulfill GE Natural World and hours per Advising Track

Term	Credits	Grade	Course
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Some of the Career Paths in Kinesiology...



Pre-Health Goals

- Pre-Physical Therapy
- Pre-Medicine
- Pre-Osteopathic Medicine
- Pre-Physician Assistant
- Pre-Dentistry
- Pre-Nutrition
- Pre-Nursing
- Pre-Pharmacy
- Pre-Chiropractic Medicine



Bachelor Level Careers

- Worksite Wellness
- Personal Training
- Coaching
- Strength and Conditioning
- Pharmaceutical Sales
- Medical Equipment Sales
- Health Coaches
- Recreational Therapist
- Activities Director



Master Level Careers

- Exercise Physiologist
- Cardiac Rehabilitation
- Athletic Training
- College Instructor
- Community Health Educator
- Sports Management
- Dietician
- Athletics Advisor
- Respiration Therapist



Doctoral Level Careers

- College Professor
- Researcher
- Sport Psychologist
- Consultant
- Content Expert for an Organization
- Higher Education Administration

Minimum Requirements to Apply for Intercollege Transfer

- ▶ Good academic standing (cannot be on Academic Probation)
- ▶ A minimum cumulative GPA of 2.50 or higher - this includes transfer coursework from other institutions
- ▶ A minimum UIC GPA of 2.50 or higher
- ▶ Completion of at least one semester of coursework at UIC
- ▶ Courses to complete prior to application (generally with a 'B' or higher):
 - ❖ **Biology 100**
 - ❖ **Chemistry 101 or higher**
 - ❖ **Math 121 (or placement above Pre-Calculus)**
- ▶ Additional science and math courses will be used in reviewing an applicant

How to Apply for Intercollege Transfer to Kinesiology

- ▶ For currently enrolled UIC students only
- ▶ If you have completed the necessary courses as outlined in the minimum requirements, go to: <https://illinois.edu/fb/sec/8823614>
 - ❖ If you are enrolled in your first semester at UIC, you are still eligible to apply for intercollege transfer; however, your acceptance will be determined once grades post at the end of the semester
- ▶ Remember, the deadline for application is **Friday, March 3rd (week 8)**!

Application Process and Timeline

- ▶ Applications are accepted between weeks 1-8 and reviewed by the committee during weeks 9-10
 - ❖ To uphold a fair and unbiased admissions process, Kinesiology advisors are unable to meet with students one-to-one to discuss their academic plans until admitted to the program
- ▶ Decisions are typically emailed around week 11. Students will also be notified if further grades and review are needed at the conclusion of the semester
- ▶ Accepted students will be able to register for the appropriate Kinesiology courses without the need for a waitlist
- ▶ Students not admitted may put their name on a Kinesiology wait list and reapply in a future semester

Courses to Consider

- 1) ENGL 160, ENGL 161 (*if not already complete*)
- 2) MATH 121/MATH 180*
- 3) CHEM 101^, CHEM 122/123*, CHEM 124/125*
- 4) BIOS 100^
- 5) PSCH 100
- 6) General Education courses:
 - ▶ Exploring World Cultures
 - ▶ Understanding the Creative Arts
 - ▶ Understanding the Past
 - ▶ Understanding U.S. Society

Courses that require a Wait List (*if not admitted to the Kinesiology program this application cycle*):

- 7) KN 136
- 8) HN 196
- 9) KN 152
- 10) KN 335
- 11) KN 200 (pre-req = MATH 121)
- 12) KN 251 (pre-req = BIOS 100)
- 13) KN 252 (pre-req = KN 252)

A typical course load for Kinesiology students is no more than 15-16 credit hours per semester

**For Movement Science concentration and some pre-health goals*

^Should be 'In Progress' or complete at the time of application

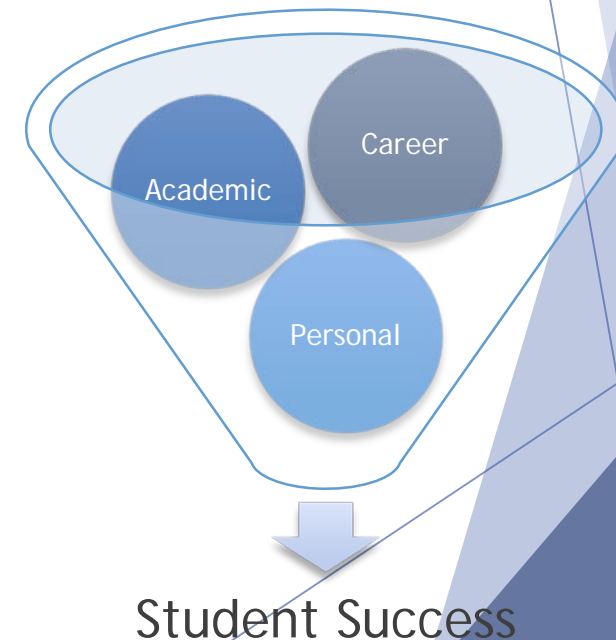
Note: Placement tests are required to determine the appropriate starting point in ENGL, MATH and CHEM

Kinesiology Course Wait Lists

- ▶ Most Kinesiology courses are restricted to majors in the College of Applied Health Sciences (AHS). If eligible, non-majors on the wait lists will be granted registration overrides AFTER all AHS majors have registered (*shortly after 'open registration' starts - week 14 of fall/spring semesters*). Students will be notified via email
- ▶ Carefully review wait list information. There may be certain eligibility/GPA requirements. If you meet these requirements and have satisfied ALL necessary pre-requisites, sign up for a wait list(s)
<http://ahs.uic.edu/kn/currentstudents/waitlists/>
- ▶ Registration in a Kinesiology course, as a non-Kinesiology student, does not guarantee future admission to the department
- ▶ KN 100 is for majors only. Non-majors will NOT be granted an override for this class

Academic Advising in Kinesiology

- ▶ Once admitted, students are assigned an Academic Advisor
- ▶ Time-to-degree plans are created in the first semester
- ▶ Advising incorporates yearly milestones and check-in points to help students succeed. All grade levels are required to meet with advising at least once per semester
 - ❖ RFC: Required Freshman Check-ins
 - ❖ MPRP: Mandatory Pre-Registration Planning (all students)
 - ❖ Career, personal, and pre-health advising
 - ❖ Graduation checks
 - ❖ And much more...



Thank you for your interest in the Kinesiology program!

Don't forget to submit your application for intercollege transfer by Friday, March 3rd (week 8)! Any questions may be directed to your home college academic advisor



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