



**APPLIED HEALTH
SCIENCES**

Department of Kinesiology
and Nutrition

Department of Kinesiology and Nutrition Undergraduate Advising Syllabus

2023-2024

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Welcome!

Welcome to the Department of Kinesiology and Nutrition! You have joined a tight-knit community of faculty, staff and students working together to live our mission and achieve our vision as we are guided by our values. Our curriculum is built on strategic competencies to ensure you are prepared to be an influence in the health, wellness and fitness industries. Check them out...!



OUR MISSION

To empower undergraduate students to pursue excellence through scientific discovery, clinical practice, and health promotion

OUR VALUES

Student Success, Science, and Service
Our Graduates Will Be Competent In...



THE SCIENCE OF KINESIOLOGY

- Foundational Concepts of Kinesiology
- Clinical Application
- Scientific Communication



INTRAPERSONAL GROWTH

- Cultural Humility/Sensitivity
- Integrity
- Self-Directed
- Dependability
- Mission Oriented

OUR VISION

UIC Kinesiology graduates are leaders who excel in careers that enhance the quality of life of individuals and communities



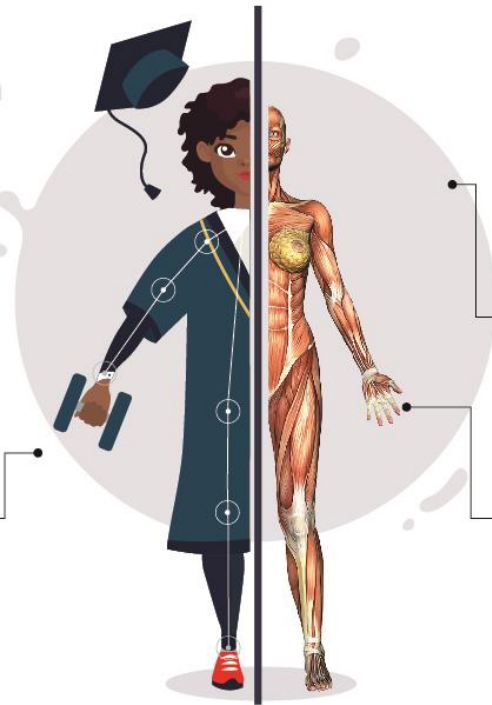
THINKING AND REASONING

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Concept Integration



RELATIONSHIPS & COMMUNICATION

- Cultural Competence
- Professionalism
- Leadership and Teamwork
- Service Orientation/Citizenship



A bachelor's in kinesiology teaches you the spectacular complexities of human movement. Graduates are ready for careers in a variety of health-related disciplines: health and wellness coaching, health-related business operations or sales, personal training, and strength and conditioning. Our graduates have a strong foundation and necessary prerequisites to pursue further schooling in health-related fields such as athletic training, cardiac rehabilitation, dentistry, medicine, nursing, occupational therapy, optometry, pharmacy, physical therapy, sport and exercise psychology, research and more.

Kinesiology Curriculum Highlights

- **Gain hands-on, people-focused skills** built on current science, with the flexibility to obtain your graduate/professional school prerequisites. You will leave the program ready for a career or to pursue another degree. [Career advising path](#)
- **Join us in service** by getting involved in a club or organization where you can help spread the word on campus and in our Chicago communities about how health, wellness - KINESIOLOGY - can change lives! Opportunities like Kinesiology Club, Physical Therapy Club, Exercise is Medicine initiatives and more abound. [Make an impact](#)
- **Meet your professors** who are leaders in their fields as well as award-winning scientists and instructors. You'll learn from individuals dedicated to students, passionate about teaching and experienced in both the science and practical applications of kinesiology. [Meet our faculty](#)
- **Take certification exams.** Our curriculum prepares you for certification exams from organizations such as ACE, ACSM, NASM and NSCA. Our advisors and instructors will help you determine which best fits your career plans. [Certification ready](#)

Nutrition Curriculum Highlights

There are two tracks for students in the [nutrition programs](#) at UIC; 1) pursue a career as a registered dietitian nutritionist, or 2) gain a foundation for a professional health degree, or for careers in research, industry and community settings.

Mission

- The mission of the DPD is to provide program graduates with the skills and knowledge to be comfortable and competent in their dietetic internship and serve as professionals capable of providing excellent entry-level dietetic services in numerous food service, management, clinical and underserved community settings.
- The Nutrition Science Program/DPD program is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.

Philosophy

The Nutrition Programs believes that:

- Optimum nutrition is essential to the health of all individuals and that dietitians and nutritionists play a key role in providing nutrition care, education, research and public service.
- A broadly based body of knowledge and skills exists, the acquisition of which constitutes the justification of the profession of dietetics.
- The role of the faculty is to foster the development of dietetic and nutrition professionals and assist them in developing values and goals that reflect an increased understanding of self and society.
- Its commitment to active research programs is vital for the advancement of the profession.
- It has a responsibility to provide public service as an essential component of the profession

Core Knowledge you'll learn to become a RD

- Scientific and Evidence Base of Practice
- Professional Practice Expectations
- Clinical and Customer Services
- Practice Management and Use of Resources

Kinesiology and Nutrition Academic Advising

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Special Note: Kinesiology & Nutrition academic advisors work a hybrid schedule, offering both in person and virtual advising appointments. Please double check your appointment location when scheduling your appointment.

How can I find my assigned academic advisor?

- Log into the my.uic.edu portal
- Select the “Advising” tab at the top of the screen and click on the “iAdvise.” icon
- Your assigned academic advisor will be listed in your “My Success Network” on the homepage
 - If not on the homepage, use the drop-down menu on the left-hand side to locate your success network

How do I schedule an appointment?

Step 1:

- Login to the my.uic.edu portal
- Select the “Advising” tab, then click “iAdvise”

Step 2:

- Once logged in to the “My Success Network” should be the default homepage, with a list of your instructors, **advisors**, etc
- If the “My Success Network” homepage does not automatically populate you can find this link from the drop-down menu on the left

Step 3:

- Select your assigned Kinesiology academic advisor and follow the prompts to schedule an appointment during student hours
- Be sure to select the appropriate reason for your visit and location (ie; zoom or on campus)
- **If your assigned academic advisor does not appear in your “My Success Network” type their name in the search bar**

Appointment Reminders:

- **VIRTUAL:** A zoom link will be sent to your UIC email prior to your appointment. If you haven’t done so already, we encourage you to download zoom prior to your appointment.
- **ON CAMPUS:** Appointments will be held in Physical Education Building (PEB). Click [HERE](#) for the UIC Campus Map. See above for your advisor’s exact PEB office number.
- **CANCELLATIONS:** If you are going to be more than 10 minutes late (whether virtual or on campus), please cancel and reschedule your appointment as soon as possible through iAdvise.
- **SAFETY:** Don’t forget to
 - Wear your mask
 - Wash hands or use hand sanitizer
 - Watch your distance

When are student drop-in hours?

Beginning at 8:30am on drop-in days (see below), students will be able to schedule a same day virtual drop in advising appointment through iAdvise. ****All Fall 2023 and Spring 2024 student drop in appointments will be held virtually.****

- ****Week 1 ONLY****

Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
9:00am-11:30am AND 1:00pm-3:00pm	9:00am-11:30am AND 1:00pm-3:00pm	9:00am-10:30am AND 1:00-3:00pm	9:00am-11:30am AND 1:00pm-3:00pm	9:00am-11:30am AND 1:00pm-3:00pm

- ****Week 10 ONLY****

Friday, October 27
9:00am-11:30am AND 1:00pm-3:00pm

- **Drop-in DO's....**
 - o Ask brief questions about a schedule change
 - o Request a graduate check
 - o Sign veteran forms
 - o Ask for a course override, if applicable
- **Drop-in DON'T's.....**
 - o Map out a 2- or 4-year plan
 - o Conduct pre-registration planning appointments
 - o Conduct academic probation appointments
 - o Ask anything that realistically takes more than 10 minutes to discuss

How do I access my UAchieve Degree Audit?

- Log into your my.uic.edu account
- Scroll down until you see the red UAchieve Degree Audit box
- Need an updated audit?
 - o For **continuing students** who are completing **one of the concentrations** (ie; Movement Science or Exercise Science and Health Promotion)
 - Click request audit, select a different program, program (pick your concentration from the drop down menu) and, select catalog year ~ Fall 2022
 - o For **new students** or **those who intend to complete the new curriculum** (ie; no concentration)
 - Click request audit, select a different program, program (pick Kinesiology – 0351 BS) and, select catalog year ~ Fall 2022.
- For best results use Firefox or Chrome

E-mail Etiquette:

- **Only use your UIC Email account and include your full name and UIN.**
- Use a clear subject line such as, "Question about KN 352."
- Use proper English (no text abbreviations). Please proof-read and spell check.
- Allow 2-4 business days for a response, excluding weekends and holidays.
- Do not email multiple people with the same question.
- *****Email is the most efficient way to contact your assigned academic advisor*****

UIC Undergraduate Catalog:

- Use catalog.uic.edu/ucat to find: academic calendar, course descriptions, major/minor requirements and UIC/AHS college policies
- **Are you a continuing student looking for the concentration requirements? Use this link:**
https://catalog.uic.edu/pdf/2019-2021_undergraduate.pdf
 - Kinesiology program information pages 118-124

Do you have a scholarship or financial aid question?

- FIRST, explore the UIC Student Financial Aid and Scholarship website: <https://financialaid.uic.edu/>
- NEXT, contact AHS financial aid help via email AHSFinaid@uic.edu.
 - Due to COVID-19 staff changes, allow at least 3-5 business days for a response.
 - *FAFSA will be available OCT 1*

Academic Advisement Timeline

June-August <ul style="list-style-type: none">▪ Meet with advisor at orientation session▪ Be aware of schedule change deadlines	January <ul style="list-style-type: none">▪ Welcome back for Spring Semester▪ Contact advisor if you have questions or concerns regarding Fall semester or need to revise Spring schedule▪ Be aware of schedule change deadlines
September <ul style="list-style-type: none">▪ Watch your UIC email for an invitation to schedule your pre-registration appointment. Appointments are made available by class level, starting with seniors.	February <ul style="list-style-type: none">▪ Watch your UIC email for an invitation to schedule your pre-registration appointment. Appointments are made available by class level, starting with seniors.
October <ul style="list-style-type: none">▪ Meet with your assigned academic advisor	March <ul style="list-style-type: none">▪ Meet with your assigned academic advisor
November <ul style="list-style-type: none">▪ Register online using XE Registration – Class Scheduler	April <ul style="list-style-type: none">▪ Register online using XE Registration – Class Scheduler
December <ul style="list-style-type: none">▪ View grades in MyUIC	May <ul style="list-style-type: none">▪ View grades on MyUIC

Schedule Change Deadlines:

- **Add/Drop:** 2nd Friday of classes during the fall and spring semesters. Student completes add/drop in my.uic.edu - XE Registration system
 - Need help? Click the link below for the Office of the Registrar Registration Frequently Asked Questions: https://registrar.uic.edu/registration/registration_instructions.html
- **Late Drop:** Weeks 3-10 only. <https://ahs.uic.edu/inside-ahs/student-resources/registration/>
 - Scroll down to 'Forms' and click 'Request to drop, add or change class hours'
- **Term Withdrawal:** <https://registrar.uic.edu/registration/term-withdrawal.html>
 - Scroll down to Fall 2023 Online Term Withdrawal Request

Students are strongly encouraged to consult their assigned academic advisor prior to completing or submitting schedule changes.

Objectives for Student Class Levels:

Freshman (0-29 credit hours)

- Transition to college environment and familiarize yourself with [campus resources and student support](#)
- Examine habits, skills, interests, values, and previous activities to help get involved at UIC
- Begin general education requirements and use them to explore your interests
- Need to update your educational/pre-health goal? Use this link - <https://prehealth.las.uic.edu/educational-goals/>

Sophomore (30-59 credit hours)

- Reflect on skills, interests, and academic success to make sure your major is a good fit
- Do you have an educational/pre-health goal or want to declare a minor? Talk to your academic advisor about your career and academic interests
- Continue completing general education requirements and integrating major required courses
- Create a 4-year educational plan with your assigned academic advisor
- Experience pre-health settings by volunteering or job shadowing (spring). This may take some creativity and persistence due to COVID-19 precautions. See the UIC Pre-Health Blackboard page for virtual opportunities -> <https://prehealth.las.uic.edu/pre-health-related-covid-19-updates/>.
- Attend an experiential learning information session (spring)
 - See *KN Blackboard – Experiential Learning folder for information session details*

Junior (60-89 credit hours)

- Progress toward degree: Follow and/or make updates to your 4-year educational plan
- Revisit your experiential learning plans with your academic advisor (ie; research, internship, UTA, study abroad etc.)
- Continue completing minor or pre-health goal requirements (ie; coursework, test prep, observation hours, obtaining letters of recommendation etc.)
- Begin graduate/professional school application process (spring/summer)
- Explore after graduation planning with your academic advisor or [UIC Career Services](#):
 - Attend graduate/professional school fairs and information sessions
 - Begin job search process/planning
 - Get resume, cover letter, or interview help

Senior (90-120 credit hours)

- Complete a graduation check with your academic advisor no later than week 2 of your final semester
 - Completed coursework outside of UIC? Don't forget to send your official transcripts to UIC Admissions
 - Need help submitting transcripts? See *KN Blackboard – Registration Resources – FAQ (#13)*
- Submit your [intent to graduate](#) and RSVP to Commencement
 - See *KN Blackboard page – Registration Resources for graduation and commencement info*
- Complete graduate/professional school applications or continue job search

Prepare for life after graduation

- Let us know where you are headed after graduation by completing the **UIC First Destination** survey. A unique email code will be sent to your UIC email from career services.
- Have you completed all the requirements for your graduate/professional programs? Talk to your academic advisor about a [gap year plan](#)!
- Job searching? Attend job fairs/recruiting events.
- Have your resume and cover letter reviewed by a faculty mentor or [UIC Career Services](#)
- Financial aid or repayment questions? Check in with [UIC Financial Aid and Scholarship Office](#)

Academic Complaints and Grievances

The Student Academic Grievance Procedures define an administrative process through which students may seek resolution of complaints or Grievances regarding academic standing during their enrollment at UIC.


The student should initially speak with the instructor for the course in question. If the instructor is unable to resolve an academic complaint, then the Director of Undergraduate Studies (DUS), Joshua Miller (joshuam@uic.edu), is the next point of contact in the process to achieve resolution. If academic or departmental/programmatic complaints remain unresolved, then the complaint moves to a formal procedure using the University's [grievance form](#).

- 1). Student submits the grievance form to the Department Head
- 2). If the grievance is not resolved, the student submits the grievance to AHS Academic Affairs/Office of the Dean

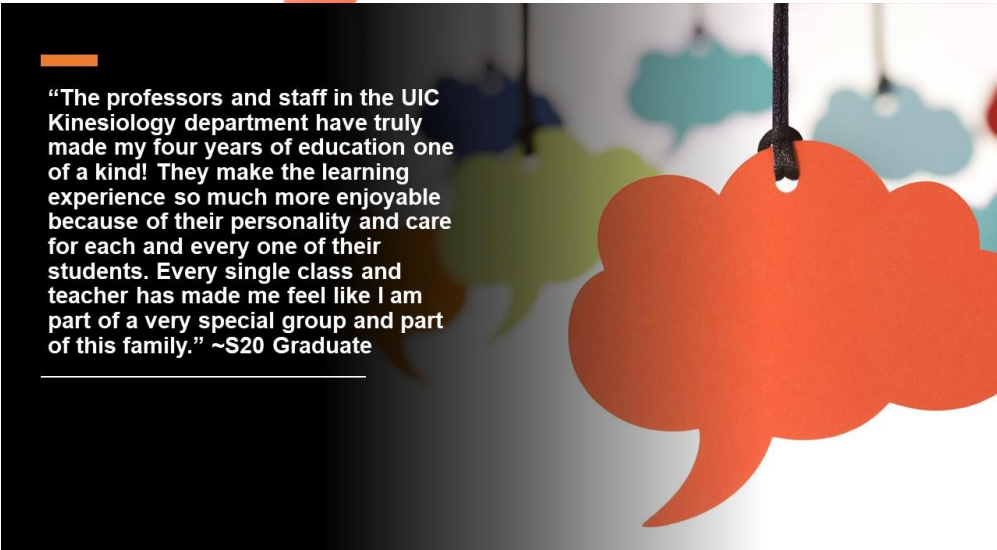
Student Academic Grievance Procedures Eligibility:

1. These Procedures **may only** be used by Students:
 1. With a Complaint or Grievance regarding academic standing during their enrollment at UIC.
 2. About an academic decision made about them by an agent (e.g., faculty or staff member, administrator, committee) of the University of Illinois at Chicago that directly and adversely affects the Student.
2. These Procedures **may not** be used:
 1. In deciding or appealing issues relating to student discipline under the purview of the Senate Student Judiciary Committee;
 2. In resolving any complaint, request, or question involving student records subject to campus procedures established under the Family Educational Rights and Privacy Act (FERPA) and contained in the Guidelines and Procedures Governing Student Records http://www.uic.edu/depts/oar/campus_policies/records_policy.html
 3. By applicants for admission;
 4. In review of any decision by any university administrator or properly constituted board or committee relating to allocation of resources to support any unit's projects or programs.

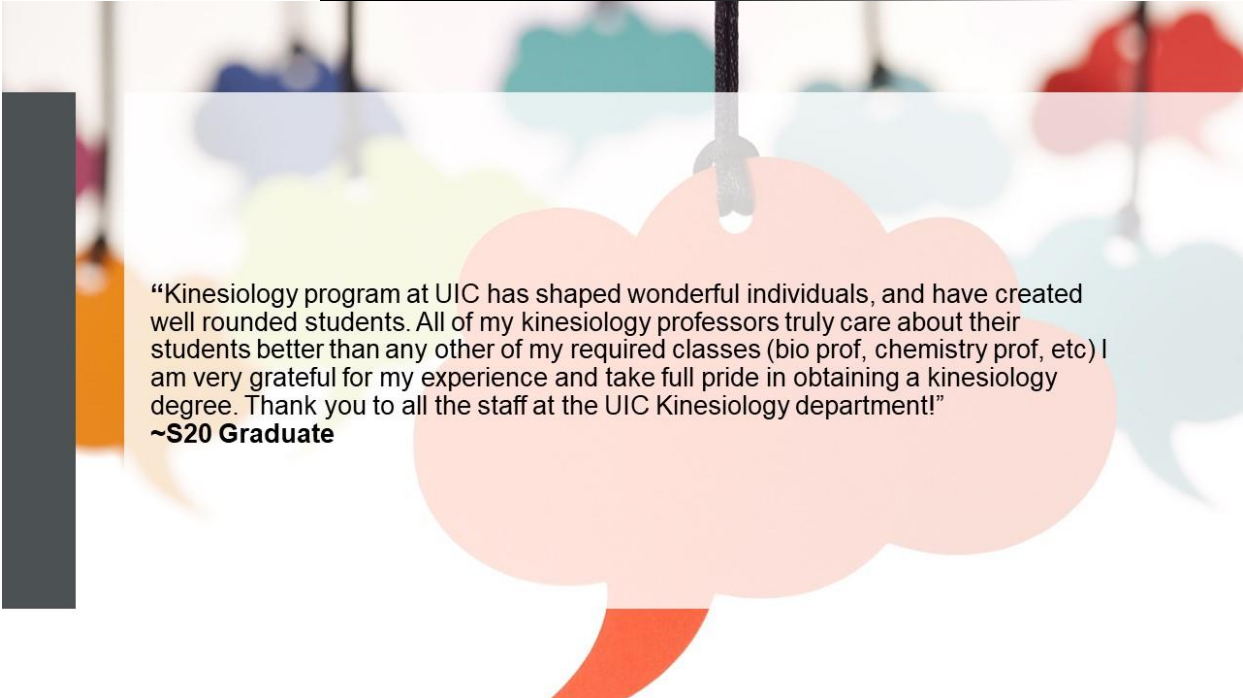
What Students are Saying



“Being a part of the UIC Kinesiology program was probably the best decision I have ever made. This is one of the few colleges I noticed that truly tries to build a community rather than having a huge divide between student and professor/advisor. I have created genuine relationships not only with my peers but with my professors and advisors as well. I am confident when I say that the UIC AHS Kinesiology department cares about all of their students, and cultivates real, genuine support.” ~S20 Graduate



“The professors and staff in the UIC Kinesiology department have truly made my four years of education one of a kind! They make the learning experience so much more enjoyable because of their personality and care for each and every one of their students. Every single class and teacher has made me feel like I am part of a very special group and part of this family.” ~S20 Graduate



“Kinesiology program at UIC has shaped wonderful individuals, and have created well rounded students. All of my kinesiology professors truly care about their students better than any other of my required classes (bio prof, chemistry prof, etc) I am very grateful for my experience and take full pride in obtaining a kinesiology degree. Thank you to all the staff at the UIC Kinesiology department!” ~S20 Graduate

Undergraduate Program Contacts

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