The kinesiology degree with a concentration in exercise science prepares students for employment in clinical settings in the areas of cardiopulmonary rehabilitation, diabetes education, and electrophysiology and in non-clinical settings as exercise physiology, personal training, and strength and conditioning. This program also prepares graduates for advanced study in the exercise science sub-disciplines of biomechanics, metabolism, and sports performance; and for entry into health-related professions such as physical therapy, occupational therapy, chiropractic, athletic training, dietetics, nursing, and medicine.
BACHELOR OF SCIENCE IN KINESIOLOGY

Concentration in Exercise Science

This concentration is designed to provide knowledge of the art of human movement, physiological responses to exercise, exercise testing and prescription, and human performance and disease prevention. Our program is centered on the latest evidence-based research and the standards set by the American College of Sport Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

• The concentration meets the UAB pre-requisites for graduate programs in Physical and Occupational Therapy, Physician Assistant Studies, Medicine, Nursing, Optometry, and Dentistry.

• Graduates are also prepared for further study in exercise physiology and nutrition, as well as careers in cardiac and pulmonary rehabilitation, corporate wellness, and strength and conditioning.

• Beginning in their junior year, students with an overall GPA of 3.5 or greater are eligible to apply for the Department of Human Studies Honors Program, where they will work closely with a faculty mentor to complete a research or civic engagement project.

• Kinesiology faculty hold credentials from the American College of Sports Medicine and work closely with the Center for Exercise Medicine, the Nutrition Obesity Research Center, the Diabetes Research Center and the Lakeshore Research Collaborative at UAB.

Kinesiology Laboratories

The Exercise Physiology and Exercise & Nutritional Physiology Laboratories are used for teaching and scientific inquiry. The Exercise Physiology Lab features state-of-the-art equipment used to assess cardiorespiratory fitness, muscular strength and endurance, and energy expenditure during exercise and rest. The Exercise & Nutritional Physiology Lab contains instrumentation to assess molecular and biochemical pathways associated with metabolic and cardiovascular disease.

FOR MORE INFORMATION

CONTACT VONETTA HARDY
(205) 934-7530
VHARDY@UAB.EDU

CORE CURRICULUM

THIS IS AN ABBREVIATED VERSION OF THE CURRICULUM REQUIREMENTS AND IS SUBJECT TO CHANGE. TO SEE THE FULL REQUIREMENTS, VISIT UAB.EDU/EDUCATION/HOME/STUDENTSERVICES/PROGRAM-OF-STUDY-CHECKLISTS

COURSES SEM HRS
AREA I-IV COURSES MUST BE ON AGSC LIST. A 6-SEMESTER HOUR SEQUENCE IN LITERATURE (AREA II) OR HISTORY (AREA IV) IS REQUIRED. LITERATURE SEQUENCE PREFERRED.

AREA I WRITTEN COMPOSITION 6
AREA II HUMANITIES/FINE ARTS 12
AREA III NATURAL SCIENCE & MATH ("C" OR BETTER) 11-12
AREA IV SOCIAL SCIENCE 12

LOWER LEVEL REQUIREMENTS ("C" OR BETTER)
BY 115 HUMAN ANATOMY 4
BY 116 INTRODUCTORY HUMAN PHYSIOLOGY 4
CHHS 140 FIRST AID (MUST HOLD CURRENT ARC CPR & FIRST AID CERTIFICATION FOR 0 HOUR WAIVER) 0-3
CHHS 141 PERSONAL HEALTH & WELLNESS 3
EPR 214 INTRO TO EDUCATIONAL STATISTICS 3
CH 105/106 INTRO TO CHEMISTRY I AND LAB - OR - CH 115/116 (IF NOT TAKEN IN CORE CURRICULUM) 0-4
PH 201 COLLEGE PHYSICS - OR - PH 221 GENERAL PHYSICS (IF NOT TAKEN IN CORE) 0-4
PY 101 INTRO TO PSYCHOLOGY (IF NOT TAKEN IN CORE) 0-3

MAJOR REQUIREMENTS

("C" OR BETTER)

COURSES SEM HRS

CHOOSE ONE: KIN 101, 102, OR 103 1
KIN 115 WEIGHT TRAINING 1
KIN 131 AEROBICS 1
KIN 136 INTRO TO PE, FITNESS, SPORT 3
KIN 307 APPLIED KINESIOLOGY 3
KIN 400 PHYSIOLOGY OF EXERCISE 4
KIN 405 SPORTS NUTRITION 3
KIN 485 EXERCISE TESTING AND PRESCRIPTION 3

CHOOSE 9-11 HOURS OF THE FOLLOWING KIN ELECTIVES:
KIN 132, 305, 402, 440, 450, 460, 470, 499, CHHS 342

CHOOSE 14-17 HOURS OF THE FOLLOWING SCIENCE ELECTIVES:
BY 123, BY 124, BY 210, BY 261, BY 271, BY 314, BY 327, BY 350, BY 409, BY 420, CH 115/116, CH 117/118, CH 235/236, CH 237/238, CH 460, HCM 350, MA 125, MA 126, PH 202, PH 222

INTERNSHIP

KIN 499 FITNESS INTERNSHIP 3