

# DEPARTMENT OF KINESIOLOGY

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## Mission

The mission of the Department of Kinesiology is to:

1. Prepare undergraduate and graduate students for careers related to human performance, health, and teaching physical education;
2. Advance knowledge as teacher-scholars in disciplines related to human performance, health and physical education;
3. Contribute relevant expertise and experience to the UW-Whitewater General Education Program, the greater university community, and the general public.

The **Human Performance** major prepares students for varied careers in Kinesiology, including health promotion, human performance, exercise science, strength and conditioning, recreation, sport management, and coaching. The program also prepares students for graduate studies in exercise science, athletic training, sport management, physical therapy, and other pre-professional programs.

Students learn practical skills from experts in their fields, ensuring students develop the knowledge base needed to be a leader in the Kinesiology profession. The 47-credit major, combined with the choice from several minors and certificates, allows students to tailor their education to their specific career goals. A required, flexible 6-credit internship program helps students build their resume while maintaining their current life-work responsibilities. The courses are delivered in both online and in-person modalities, providing students with the flexibility to meet their needs.

The **Physical Education Major - Health and Adaptive PE** provides classroom education and practical experiences to prepare and license students to teach physical education, health education, and adapted physical education in K-12 schools. This major allows students to earn all three credentials within one comprehensive program.

Students take engaging classes from experienced teachers in pedagogy and content areas including teaching methods, classroom management, serving a diverse student population, and encouraging life-long health and fitness, among others. Students go into schools regularly during their coursework, and end their education with a semester of student teaching under the guidance of faculty and cooperating teachers.

The Department of Kinesiology also supports the **General Education** program at UW-Whitewater. All students complete a required physical education class that supports life-long learning in the areas of personal health and fitness.

Beyond the required course, students may choose to study health-related physical fitness, or participate in team, individual, and adventure sports and leisure-time activities.

These courses promote knowledge of sports and leisure activities, and stress the important benefits derived from regular participation in physical activity. Courses are available at both the introductory and

intermediate levels for many sports, and are available to all students regardless of major.

## Majors in Kinesiology

- Human Performance (BS) (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/human-performance-bs/>)
- Physical Education - Health Education and Adapted PE Emphasis (BSE) (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/physical-education-licensure-emphasis-bse/>)

## Minors in Kinesiology

- Coaching (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/coaching-minor/>)
- Health Education (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/health-education-minor/>)
- Health Promotion (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/health-promotion-minor/>)
- Recreation and Leisure Studies (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/recreation-leisure-studies-minor-education/>)
- Sport Management (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/sport-management-minor/>)
- Strength and Conditioning (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/strength-conditioning-minor/>)

## Certificates in Kinesiology

- Adapted Physical Education (Post-Baccalaureate) (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/adapted-physical-education-certificate/>)
- Community Sport and Recreation (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/community-sport-and-recreation-certificate/>)
- Corporate Wellness (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/corporate-wellness-certificate/>)
- Fitness and Wellness Entrepreneurship (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/fitness-and-wellness-entrepreneurship-certificate/>)
- Health Education (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/health-education-certificate/>)
- Health Education (Post-Baccalaureate) (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/health-education-post-baccalaureate-certificate/>)
- Physical Education (Post-Baccalaureate) (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/physical-education-post-baccalaureate-certificate/>)
- Pre-Athletic Training (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/kinesiology/pre-athletic-training-certificate/>)