

# Bachelor of Science in Kinesiology

Required 120 credits (36 of which must be numbered 300 or above), including:

1. Essential Studies Requirements (see University ES listing).
2. College of Education and Human Development Requirements.
3. Criminal Background Check
4. Kinesiology core requirements, 50 credits including:

Code	Title	Credits
KIN 207 & 207L	Prevention, Care and Legal Issues for Injury and Prevention, Care and legal Issues for Injury Lab	3
KIN 242	Introduction to Kinesiology	3
KIN 326	Fundamentals of Physical Conditioning	3
KIN 332 & 332L	Biomechanics and Biomechanics Laboratory	3
KIN 355	Applied Motor Development	3
KIN 366 & 366L	Motor Learning and Motor Learning Lab	4
KIN 401	Sport Sociology	3
KIN 402 & 402L	Exercise Physiology and Exercise Physiology Laboratory	4
KIN 404	Adapted Physical Activity	3
KIN 415	History of Sporting Experiences in America	3
KIN 440	Sport and Exercise Psychology	3
KIN 491	Senior Capstone	3
PHE 101	Introduction to Public Health	3
PHE 240	Personal Wellness	3
PHE 305	Research Methods in Kinesiology Public Health Education	3
PHE 306	Epidemiology and Biostatistics	3
<b>Total Credits</b>		<b>50</b>

5. One of the following options:

## A. Teacher Education/Certification (120 credits)

Students seeking certification to teach physical education must be admitted to the Teacher Education program which requires a minimum of 2.75 GPA, adequate test scores, and at least 30 credits before applying for admission to Teacher Education. Students must also complete the KIN core requirements (listed above) plus additional courses specific to the preparation for teaching in physical education, including the following courses:

Code	Title	Credits
T&L 250	Introduction to Education	3
T&L 252	Child Development	3
T&L 339	Educational Technology	3
T&L 433	Multicultural Education	3
KIN 305	Health/Physical Education for Early Childhood and Elementary Education Teachers	3
KIN 400	Methods and Materials for Teaching Physical Education Elementary School	2
KIN 400L	Methods and Materials for Teaching Physical Education in the Elementary School -Laboratory	2
KIN 410	Methods and Materials for Teaching Physical and Health Education in the Secondary School	3
KIN 410L	Methods and Materials for Teaching Physical Health Education in the Secondary School-Laboratory	1

KIN 420	Curriculum Development for Physical and Health Education	3
KIN 213	Individual/Dual Sports	2
KIN 214	Team Sports	2
KIN 309	Aquatics/Water Safety Instruction	2
KIN 112	Outdoor Pursuits I	1

Additional requirements for the teacher education/certification option include:

1. Admission to the Teacher Education program (see details under the College of Education and Human Development (<https://education.und.edu/>) or on the Teacher Education website.) Note that many upper division courses are not open to students until they gain TE admission.
2. Student teaching at two levels: elementary and secondary (13 credits total).

## B. Related Areas

KIN core requirements, plus the following:

1. Students will complete another major and/or minor in a subject area related to kinesiology.
2. Physical Activity/Sport participation. Minimum of 3 credits (e.g., KIN 100-level activity courses, KIN 213, KIN 214, Varsity Sport Participation).
3. The remaining credits to satisfy the University minimum Graduation Requirements of 120 credits will be chosen from elective courses with the consent of the adviser.

## C. Kinesiology Applications Area

KIN core requirements, plus the following:

1. Required Internship (KIN 497 for 10 credits) or Internship (KIN 497 for 7 credits) and Practicum (KIN 498 for 3 credits).
2. Physical Activity/Sport participation. Minimum of 3 credits (e.g., KIN 100-level activity courses, KIN 213, KIN 214, Varsity Sport Participation).
3. Required courses include:

Code	Title	Credits
KIN 110	First Aid and CPR	1
KIN 114	Strength Training I	1

5. Electives (a minimum of 6 credits from the following):

Code	Title	Credits
N&D 240	Fundamentals of Nutrition	3
N&D 348	Sports Nutrition	3
KIN 375	Strength and Conditioning: Exercise Skills and Teaching Technique	3
KIN 376	Essentials of Personal Training	3

Kinesiology applications area prepares students for the National Strength and Conditioning Association certification exams in strength and conditioning, and personal training.

## D. Allied Health

1. KIN core requirements, plus the following:
2. Physical Activity/Sport participation. Minimum of 3 credits (e.g., KIN 100-level activity courses, KIN 213, KIN 214, Varsity Sport Participation)
3. A pre-professional program in pre-med, pre-physical therapy, pre-occupational therapy, pre-chiropractic, pre-physician assistant or other approved pre-allied health science fields.

## E. Esports

1. KIN core requirements, plus the following:
2. Esport participation. Minimum of 3 credits (e.g., ESPT 100-level activity courses, Varsity Esport Participation).
3. Required courses include:

Code	Title	Credits
ESPT 201	Introduction to Esports	3
ESPT 330	Introduction to Game Studies	3
ESPT 340	Esports and Healthy Gaming	3
ESPT 410	Global Issues in Esports	3

## Accelerated Bachelor's/Master's Program (ABM)

The Accelerated Bachelor's/Master's (ABM) degree program allows exceptional undergraduate students an opportunity to complete the requirements for both the bachelor's and master's degrees at an accelerated pace. These students may double count up to 12 graduate-level credits and obtain a master's degree within 12 months of completing the bachelor's degree.

### Paths to ABM Entry

#### Path One (direct admit for high school student)

Student eligibility requirements:

- High achieving high school students with a minimum cumulative high school grade point average—weighted or unweighted—(GPA) of 3.5/4.00 and a minimum ACT score of 25 may be granted direct entry to the ABM degree program upon satisfactory review of application materials by the Department Chair and the Director of the Graduate Program.

#### Path Two (Admission for current undergraduate students)

Student eligibility requirements:

- Students must meet all graduate admissions eligibility requirements.
- Students must have completed a minimum of 60 credits, including credits earned from advanced placement and dual credit. Students must apply before completion of the undergraduate degree.
- Transfer students with a minimum of 60 credits—whether from the transfer institution alone or in combination with UND credits—and a minimum cumulative GPA of 3.0/4.0.
- Students must have a minimum cumulative grade point average (GPA) of 3.0/4.0 at UND at the time of admission into the ABM degree program

## Accelerated Bachelor's/Master's Application

- A prospective student that meets the eligibility requirements above should schedule a meeting with his/her Department Chair and/or Director of the Graduate Program to develop a plan of work for his/her bachelor's and master's degree programs.
- Before admission to an ABM program can be finalized, students must submit, while still an undergraduate, the standard application for admission to the School of Graduate Studies, including an application, application fee, personal statement, and transcripts. Individual departments may choose to require GRE scores or other information.
- A Program of Study, signed by the applicant, the Department Chair, and the Director of the Graduate Program must be submitted.
- The Program of Study must clearly indicate:
  - The courses (a maximum of 12 graduate credits) that will be double counted for both bachelor's and master's degrees.
  - That students, prior to completion of the bachelor's degree, will not take more than 50% of their semester credits at the graduate level, to maintain undergraduate financial aid status.
  - The courses that will be taken after being accepted into the graduate program.
  - The graduation date for the master's degree that meets the time limit for the ABM program (i.e. completing the non-thesis master's degree within 12 months.
- After review of the materials submitted by the Department Chair and Director of the Graduate Program to the School of Graduate Studies, a

letter of acceptance (or denial) to the master's program, contingent upon meeting the ABM requirements, is issued.

- Applications accepted for admission to the Graduate Program will not be matriculated until completion of the bachelor's degree.

## Requirements for Completion of the Accelerated Bachelor's/Master's Degree Program

- Students must complete the bachelor's degree prior to entering the master's program. Students in the ABM may not elect to bypass the bachelor's degree.
- Students must maintain a cumulative GPA of 3.0/4.0 at UND to remain eligible for the ABM degree program.
- Students must maintain a cumulative GPA of 3.0/4.0 or better in the double counted graduate level courses.
- No more than twelve (12) credits of graduate work may be counted toward the requirements of both degrees.
- Students must complete the master's degree within 12 months from the completion of the bachelor's degree for the master's degree.

## Continuing Eligibility for Accelerated Bachelor's/Master's Degree Programs

- If a student completes the bachelor's degree requirements with a cumulative GPA of less than 3.0/4.0, then he/she needs program approval to continue to pursue the ABM degree program.
- If a student becomes ineligible to participate in the ABM degree program, the Director of the Graduate Program must inform the student, the Department Chair, and the School of Graduate Studies in writing of his/her ineligibility.
- A student who is ineligible to participate in (or withdraws from) the ABM program, cannot double count any courses for both bachelor's and master's degrees.

## Exceptions to the Accelerated Bachelor's/Master's Degree Program Time Limits

The School of Graduate Studies may grant exception to the above time limits. The Dean will consider and evaluate the specific nature of the extenuating circumstances and the compelling reasons that prompted the Director of the Graduate Program and/or the advisory committee to make the request. Requests may be submitted formally and should explain the extenuating circumstances and provide a reasonable timeline for completing the work within the limits of the extension.