

UNIVERSITY OF ILLINOIS
DEPARTMENT OF KINESIOLOGY AND COMMUNITY HEALTH
KINESIOLOGY UNDERGRADUATE PROGRAM HANDBOOK
2007-2008

The commitment of the University of Illinois to the most fundamental principles of academic freedom, equality of opportunity, and human dignity requires that decisions involving students and employees be based on individual merit and be free from discrimination in all its forms.

It is the policy of the University of Illinois not to engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, marital status, disability, sexual orientation, unfavorable discharge from the military, or status as a disabled veteran or a veteran of the Vietnam era and to comply with all federal and state nondiscrimination, equal opportunity and affirmative action laws, orders, and regulations. This University's nondiscrimination policy applies to admissions, employment, access to and treatment in the University's program and activities. Complaints of invidious discrimination prohibited by University policy are to be resolved within existing University procedures.

Information contained in the University of Illinois at Urbana-Champaign Undergraduate Programs catalog and the Kinesiology Undergraduate Program Handbook is for informational purposes only and is subject to change without notice. Courses, faculty assignments, prerequisites, graduation requirements, standards, tuition and fees, and programs may be changed from time to time. Courses are not necessarily offered each semester or each year. The University retains the exclusive right to judge academic proficiency and may decline to award any degree, certificate or other evidence of successful completion of a program, curriculum or course of instruction based thereupon. While some academic programs described herein are designed for the purpose of qualifying students for registration or certification, successful completion of any such program in no way assures registration or certification by an agency other than the University of Illinois.

The information in this handbook is also for general guidance on matters of interest to faculty, staff and students in the Kinesiology Program at the University of Illinois at Urbana-Champaign. The handbook summarizes campus/university policies as a convenient reference tool. However, information on campus and university policies contained herein is for informational purposes only and is subject to change without notice. For the most current information, please see the official campus/university versions of these policies as posted on official web sites. These can be accessed through the Campus Policies and Procedures home page at the following url: http://www.uiuc.edu/admin_manuals.html.

TABLE OF CONTENTS

	PAGE
I. INTRODUCTION	1
II. ADVISING	2
III. BACHELOR OF SCIENCE DEGREE IN KINESIOLOGY	3
A. Curriculum Guidelines	3
B. Curricular Requirements.....	5
C. Residence Requirements	9
IV. DETAILED COURSE REQUIREMENTS AND LISTINGS	10
A. Composition	10
B. Foreign Language.....	11
C. Mathematics	11
D. Quantitative Reasoning I/II	11
E. Humanities and Arts	12
F. Social and Behavioral Sciences	12
G. Natural Sciences and Technology	12
H. Cultural Studies	13
I. Computer Skills	13
J. Kinesiology Supporting Course Work.....	14
V. PROGRESS TOWARD A DEGREE - STUDY LOAD POLICY	15
VI. SUMMARY OF TYPICAL ROTATION OF KINESIOLOGY COURSE OFFERINGS	16
VII. HONORS SENIOR THESIS.....	18
VIII. TEACHER EDUCATION PROGRAM	19
IX. ATHLETIC TRAINING EMPHASIS	29
X. COACHING ENDORSEMENT.....	36
A. Coaching Endorsement Program	37

XI.	HONORS, AWARDS, AND SCHOLARSHIPS	38
	A. Kinesiology Undergraduate Program Awards and Scholarships.....	38
	B. College of Applied Health Sciences Undergraduate Awards and Scholarships.....	38
	C. Kinesiology Undergraduate Honors	38
	D. College of Applied Health Sciences Honors	39
	E. University Honors.....	39
	F. University Scholarships	39
XII.	KINESIOLOGY STUDENT ASSOCIATION	40
XIII.	DIRECTORY OF FACULTY	41
XIV.	PROFESSIONAL ORGANIZATIONS	43
XV.	CAREERS	44
XVI.	RULES, REGULATIONS, PROCEDURES, OPTIONS	45
XVII.	SERVICE DIRECTORY	49
XVIII.	PROGRAM WORKSHEET	51
XIX.	STUDENT PROGRAM RECORD FORMS	52

I. INTRODUCTION

THE KINESIOLOGY PROGRAM

The Department of Kinesiology and Community Health is one of three undergraduate academic departments in the College of Applied Health Sciences. This Department is made up of two academic programs leading to degrees in Kinesiology and degrees in Community Health.

Undergraduate study in Kinesiology focuses on:

- X exercise stress, movement efficiency, and fitness
- X social, cultural, and psychological aspects of participation in physical activity and sport
- X coordination, control, and skill of physical activity
- X physical growth, development, and body form throughout the life span
- X the effects of therapeutic techniques of kinesiology upon recovery from physical injury
- X instructional process of teaching/coaching of physical activity and sport.

The Kinesiology curriculum combines a comprehensive liberal arts and sciences education with in-depth study in the student's particular area of interest. Available to each student under the guidance of a faculty member are supervised experiences with opportunities to do research projects of mutual interest or to work in agency settings. In recent years, agency experiences have included work in high school athletic departments; park districts; occupational therapy, cardiac rehabilitation and physical therapy departments of clinics and hospitals; health clubs; YMCA's; sports information offices; corporate fitness and wellness centers; sports equipment manufacturers; sports injury clinics; nursing homes; Special Olympics; radio and television stations; newspapers; the Campus Rehabilitation Center; and the Division of Campus Recreation.

In addition to the vast resources available campus wide, faculty teaching and research in Kinesiology are conducted with modern laboratory equipment that measures the biological and mechanical parameters of humans in motion. Survey and interview techniques are also vital in certain aspects of research.

Students graduating with the degree of Bachelor of Science in Kinesiology are prepared as independent critical thinkers who possess an extensive understanding of the discipline of human movement.

Additional information regarding the Kinesiology Program is available through the World Wide Web at the following address: <http://www.kch.uiuc.edu/undergrad/kines.htm>

II. ADVISING

The Department of Kinesiology and Community Health is committed to making academic advising readily available to all of its undergraduates. Such advising takes place both formally and informally for each student in two main forms: Undergraduate Academic Advisors and discussions with members of the faculty. The advising office is in 155 Freer Hall. For questions on University, College or Department rules and policies; adding/dropping courses; course choices or sequencing; academic progress; transfer credit; correlate areas of study; petitioning rule waivers; or help with specific problems; an academic advisor can help. Kinesiology undergraduates are not self-advised. For registration and electing credit-no credit options you must see an academic advisor. It is recommended that you check with an advisor prior to adding/dropping courses.

Advising questions can also be directed to an academic advisor for Kinesiology using the advising e-mail system. The e-mail address is: kines_advising@ahs.uiuc.edu

In addition to speaking with advisors for answers to questions, information is available in books, flyers, brochures, catalogs and listings in 155 Freer on careers, graduate and professional schools, and internships.

Students are encouraged to meet with individual faculty members to discuss educational and professional issues. The reasons for doing so vary but could include any or all of the following plus dozens of others:

- To become better informed in the field of kinesiology
- To discuss professional issues
- To get to know her/him outside the classroom
- To seek career information
- To determine the meaning of a university education
- To find the best graduate/professional school and faculty for your interests
- To get information for professional contacts
- To become better informed about her/his research area
- To seek campus or department resources
- To become known by her/him so that she/he might later write letters of recommendation
- To discuss books or articles of interest
- To seek recommendations of alternate paths to where you are headed
- To be directed to helpful resources of people for a specific situation or interest
- To gain another perspective
- To seek guidance in making choices.

You are encouraged to make the most of these advising services. We are here to help you be successful as a student and as a future professional. Please take an active role in ensuring that your experiences on this campus are optimal by taking advantage of the opportunities for assistance that are available to you.

III. BACHELOR OF SCIENCE DEGREE IN KINESIOLOGY

A. Curriculum Guidelines

The curriculum is designed to be discipline-based as well as professionally-oriented. While all Kinesiology students go through a common core of experiences, each student selects a curriculum to fit her/his interests and needs.

The curriculum components which are required of all students include:

- | | <u>Minimum Semester Hours</u> |
|---|-------------------------------|
| 1. <u>University General Education¹ Courses</u>
These course experiences provide the student with a solid background in liberal arts and sciences including the study of communication skills natural sciences and technology, humanities and arts, behavioral and social sciences, and cultural studies. Please refer to the following page for specific breakdown of area of studies. | ~29-37 hours
10-13 courses |
| 2. <u>Departmental General Education Courses</u>
These courses expand the student's math and science background as needed in the Kinesiology curriculum | ~5-13 hours
1-4 courses |
| 3. <u>Supporting Course Work</u>
The student will choose courses which will further his/her background in a specific area of focus related to Kinesiology. Please refer to the list of approved courses meeting this requirement (as needed to bring University General Education Courses, Departmental General Education Courses and Supporting Course Work sections to 54 hours) | |
| 4. <u>Kinesiology Core Requirements</u>
This core of courses aids the student in developing an awareness of and a personal respect for human movement. The student is presented a series of concepts related to kinesiology as a discipline and as a profession. From this core, the student is provided a base from which to develop her/his individual curriculum. | at least 25 hours |
| 5. <u>Elective Kinesiology Courses²</u>
Within the parameters outlined, and with the help of an academic advisor, each student chooses the advanced kinesiology courses which will best serve her/his academic and career goals. | at least 18 hours |
| 6. <u>Correlate Area Studies^{2,3}</u>
Students select a correlate area, including 18 hours of courses, that work toward career goals or requirements for future education. | at least 18 hours |

7. Free Electives^{2,4} 14 hours, as needed
This area may include almost any course offered by the University. (Two exceptions are religious foundation courses and performance courses such as choir and band.)

Total required for graduation: 128 hours

- ¹ Students seeking teacher certification should refer to Student Teaching Requirements and the General Education List available on the World Wide Web.
² Students seeking teacher certification should refer to Student Teaching Electives which must be included in these areas.
³ The athletic training curriculum will require 32 hours in the correlate and the teacher certification will require 23 hours in the correlate.
⁴ The teacher certification curriculum will require 24 hours of elective Kinesiology courses.

B. Curricular Requirements

This section lists the curriculum requirements for students pursuing a bachelor of science degree in Kinesiology. To review a listing of courses and more specific information on each individual requirement, please refer to the appropriate sections in Section IV - Detailed Course Requirements and Listings.

1. UNIVERSITY GENERAL EDUCATION REQUIREMENTS

	<u>12-14 courses</u>	<u>~37 hours</u>
a. Composition I	2 courses	6-7 hours
b. Foreign Language	0-3 courses	0-12 hours
c. Quantitative I Reasoning	1 course	3 hours
d. Quantitative II Reasoning	1 course	3 hours
e. Humanities and Arts	3 courses	9 hours
f. Behavioral and Social Sciences	2 courses	6 hours
g. Natural Sciences	2 courses	7 hours
h. Cultural Studies	2 courses	6 hours

2. DEPARTMENTAL GENERAL EDUCATION REQUIREMENTS

	<u>1-4 courses</u>	<u>~5-13 hours</u>
a. Mathematics*	1 course	3 hours
b. Computer Skills*	1 course	3 hours
c. Anatomy	1 course	5 hours

3. SUPPORTING COURSE WORK

As needed to bring the total from the above sections to **54** hours.

Courses used to meet General Education Requirements must conform to the policies of the College of Applied Health Sciences Courses for categories 1a through 1g must be chosen from UIUC General Education Distribution lists. Courses for categories 2a through 2c must be chosen from those on the approved departmental list, (See Section on Course Distribution Lists).

Special Topics, Open Seminar and Individual Study courses (e.g. PSYC 199, 390, 491, 494) may be used as general education courses only with approval by petition.

Departmental lists are subject to revision yearly. If a course is listed for the academic year in which it is taken, it will count to meet that requirement even if it is removed from the list in subsequent years.

An academic advisor should be consulted for any questions regarding appropriate choices of general education courses.

- * If not taken to fulfill quantitative I.

4. KINESIOLOGY CORE REQUIREMENTS: Required Hours: 25

KIN 125	Introduction to Kinesiology	1 hour
KIN 130	Analysis of Basic Movement	1 hour
KIN 140	Social Sci of Human Movement	3 hours
KIN 150	Bioscience of Human Movement	3 hours
KIN 240	Soc & Psych of Phys Activity	3 hours
KIN 352	Bioenergetics of Movement	3 hours
KIN 355	Biomechanics of Human Movement	3 hours
KIN 257	Coordination, Control & Skill	3 hours
KIN 262	Motor Develop, Growth & Form	3 hours
Two one-hour courses from the Movement Skills series (KIN 131-136) ¹		2 hours

5. ELECTIVE KINESIOLOGY COURSES¹: Required Hours 18-21²

Select 18 hours of courses which best serve the academic and career goals and meet the following requirements: one course in each of the three areas (Exercise Physiology/Athletic Training; Cultural, Pedagogical & Interpretive Studies; Biobehavioral Kinesiology) at the 200, 300 or 400 level and a minimum of three additional courses at the 200, 300 or 400 level. At least three of the six elective courses (9 or more hours) must be at the 400 level.

The following courses may be used in the Elective Kinesiology areas. Those courses listed in more than one area may be used toward the area listed that the student prefers. KIN 494 is a Special Topics course and varies in content from semester to semester. The 494 courses are assigned letter designations which assist students in determining the area of study(s) where the course may be applied. See page 8 for a listing of designations. If there are questions, check with an academic advisor.

Exercise Physiology and Athletic Training:

KIN 182	Clinical Progression AT 1
KIN 220	Fund of Athletic Training
KIN 221	Therapeutic Modalities in AT
KIN 222	Base for Prescrip of Therap Ex
KIN 281	Clinical Progression AT 2
KIN 282	Clinical Progression AT 3
KIN 320	Adv Assess of Athl Injuries UE
KIN 325	Adv Assess of Athl Injuries - LE
KIN 381	Clinical Progression AT 4
KIN 382	Clinical Progression AT 5
KIN 384	Capstone Proficiency AT
KIN 401	Measure & Eval in Kinesiology
KIN 429	Structural Basis of Movement

¹ Teacher Certification Students will need five 13_ courses.

² Teacher Certification Students will need 24 hours of Elective Kinesiology

Exercise Physiology and Athletic Training Electives (Continued):

KIN 443	Psychophysiology in Ex & Sport
KIN 448	Exercise & Health Psychology
KIN 450	Biochemistry of Exercise
KIN 452	Clin & Applied Ex Physiology
KIN 453	Body Composition
KIN 454	Growth & Physical Development
KIN 455	Quant Analysis of Human Motion
KIN 456	Electromyographic Kinesiology
KIN 459	Physical Activity & Aging
KIN 481	Sport Med I: Path & Inj
KIN 482	Sport Med II: Pharm & Inj
KIN 483	Sport Med III: Med Sup: CI
KIN 484	Clin Resrch in Sports Med & AT
KIN 494	Special Topics

Cultural, Pedagogical & Interpretive Studies

KIN 249	Sport & Modern Society
KIN 344	Anthropology of Play
KIN 360	Adapted Physical Education
KIN 361	Curriculum in Grades K-6
KIN 362	Curriculum in Grades 7-12
KIN 363	Instructional Strategies in PE
KIN 364	Exper in the Common School
KIN 387	Exper in the Agency Setting
KIN 401	Measure & Eval in Kinesiology
KIN 407	Disability, Culture & Society
KIN 441	Games in Culture
KIN 442	Body, Culture, & Society
KIN 446	Gender & Physical Activity
KIN 449	Sociology of Sport
KIN 459	Physical Activity & Aging
KIN 460	Technology & Pedagogical KINES
KIN 462	Research on Teacher Education
KIN 494	Special Topics

Biobehavioral Kinesiology

KIN 247	Intro to Sport Psychology
KIN 360	Adapted Physical Education
KIN 401	Measure & Eval in Kinesiology
KIN 422	Neurobiology of Therapeutic Ex
KIN 443	Psychophysiology in Ex & Sport
KIN 447	Psych of Sport Performance
KIN 448	Exercise & Health Psychology
KIN 455	Quant Analysis of Human Motion
KIN 456	Electromyographic Kinesiology
KIN 457	Motor Learning & Control
KIN 473	Skill Acquisition Strategies
KIN 494	Special Topics

Other Choices for Elective Kinesiology Courses:

KIN 239	Coaching Strategies
KIN 364	Exper in the Common School
KIN 385	Exper in Kinesiology Research
KIN 386	Exercise Instruction & Elderly
KIN 387	Exper in the Agency Setting
KIN 390	Honors
KIN 391	Special Project - Problems
KIN 393	Honors Thesis
KIN 485	Clin Exper in Sports Medicine (3 hr. maximum)

KIN 494 Special Topics Designations

KIN 494A	All other elective Kinesiology classes
KIN 494B	Exercise Physiology/Athletic Training
KIN 494C	Biobehavioral Kinesiology
KIN 494D	Exercise Physiology/Athletic Training and Cultural, Pedagogical & Interpretive Studies
KIN 494E	Cultural, Pedagogical & Interpretive Studies and Biobehavioral Kinesiology
KIN 494F	Exercise Physiology/Athletic Training, Cultural, Pedagogical & Interpretive Studies and Biobehavioral Kinesiology
KIN 394H	Exercise Physiology/Athletic Training and Biobehavioral Kinesiology
KIN 394S	Cultural, Pedagogical & Interpretive Studies

6. CORRELATE AREA STUDIES¹: Required Hours: 18-22

The correlate area should assist the student in taking the next steps after receiving his/her degree. It is designed to help prepare the student for further education or a career goal. Listings of standardized correlates areas are available in the Academic Advising Office. A student may choose from one of these pre-approved correlate areas or develop their own. Students are not limited to a specific number of Kinesiology courses in their Correlate Area of Study.

7. FREE ELECTIVES: Approximately: 14 hours

This area may include almost any course offered by the University. (Two exceptions are religious foundation courses and performance courses such as choir and band.) These courses may be taken on the credit/no credit basis or for an S/U grade. This is a good place for students to expand horizons and explore new interests. The number of credit hours needed is that which will bring the total hours toward the degree to no less than 128.

Total Hours for the degree

128 hours

Those courses listed with two areas may be used in either area of study (i.e., KIN 494D may be used as either a Exercise Physiology/Athletic Training or a Cultural, Pedagogical & Interpretive Studies elective).

¹ Students admitted in the Athletic Training curriculum will have 32 hours in the correlate area. Students pursuing teacher certification will have 23 hours in the correlate area.

C. Residence Requirements

The following is an excerpt taken from the Code on Campus Affairs and Handbook of Policies and Regulations Applying to All Students regarding residency pertaining to students pursuing their first Bachelor's degree and those students transferring from community or junior colleges. If you should need further information, this handbook is available on the web at the following address:

http://www.uiuc.edu/admin_manual/code/

Bachelor's Degree

In addition to specific course and scholastic average requirements, each candidate for a bachelor's degree from the University of Illinois at Urbana-Champaign must earn at least 60 semester hours of University of Illinois at Urbana-Champaign credit, of which at least 21 hours must be 300 or 400 level courses at a University of Illinois at Urbana-Champaign campus location.

IV. DETAILED COURSE REQUIREMENTS AND LISTINGS

1. Departmental Lists for Categories of General Education are updated at least once each year. Revised versions are available in 155 Freer. Also, to obtain the most updated information for these Gen Ed listings, you can access the information through the World Wide Web at the following address: <http://www.courses.uiuc.edu/gened/>. It is rare for courses to be taken off a list; courses are added regularly. If a course is removed but was listed when the course was taken, it will meet the degree requirement.

A. Composition¹

Total Hours Required:

9-10 hours

Composition I: Choose one of the following combinations

RHET 101, RHET 102 and one speech performance course listed below
RHET 103, RHET 104 and one speech performance course listed below
RHET 105 and one speech performance course listed below
RHET 108 and one speech performance course listed below
SPCM 111 and 112

Composition II:

Core course KIN 240 fulfills COMP II and is required.

Speech Performance Courses: The courses listed below are all offered for 3 hours

SPCM 101	Principles of Effective Speaking
SPCM 113	Small Group Communication
SPCM 120	Advanced Public Speaking
SPCM 321	Persuasive Speaking
SPCM 323	Argumentation

¹ Students beginning college studies in the fall 1991 or later are under the University's Composition II requirement. Credit for Composition II may be applied to more than one requirement when appropriate, but the hours may be counted only once toward the degree.

B. Foreign Language

Total Hours Required: 0-12 hours

Students must have completed the 3rd year level of high school foreign language or 3rd semester of college-level foreign language.

C. Mathematics*

Total Hours Required: 3-5 hours

Select one course from the following approved departmental list:

	Credit
• MATH 118 Numeracy	3 hours
• STAT 100 Intro to Statistics	3 hours
• MATH 220 Calculus	5 hours
• MATH 234 Calculus for Business	4 hours
• MATH 235 Accelerated Calculus	5 hours
• MATH 230 Calculus	3 hours

D. Quantitative Reasoning I and II

If you entered college as a freshman between Fall 1993 and Summer 2002, you need to complete a Quantitative Reasoning I (QR1) course in order to graduate. To complete the QR1 requirements you must take one course listed as QR1 from the list below.

If you entered college as a freshman in Fall 2002 or later, you must complete both Quantitative Reasoning I (QR1) and Quantitative Reasoning II (QR2) courses in order to graduate. To complete the QR1 requirement you must take one course listed as QR1. To complete the QR2 requirement you must take a second course - **either a second QR1 or a QR2**.

For a complete listing of courses approved for Quantitative Reasoning credit, please visit the following website: <http://www.courses.uiuc.edu/gened/> .

- These courses meet the Campus Quantitative Reasoning I requirement. Students who began their college studies Fall 1993 or later must meet this requirement.

* Students are governed by the Math requirements in place when they began their college studies or when they matriculated into the Department.

E. Humanities and Arts¹

Total Hours Required: 9 hours

At least 3 courses

For a complete listing of courses approved for Humanities and Arts credit, please visit the following website: <http://www.courses.uiuc.edu/gened/>.

F. Social and Behavioral Sciences¹

Total Hours Required: 6 hours

At least 1 course in the following areas (e.g., anthropology, economics, non-western societies, political science, psychology, sociology). 3 hours

KIN 262 Motor Develop, Growth & Form 3 hours

For a complete listing of courses approved for Social and Behavioral Sciences credit, please visit the following website: <http://www.courses.uiuc.edu/gened/>.

G. Natural Sciences and Technology²

Total Hours Required: 7 hours

MCB 103 Intro to Human Physiology & 3 hours

MCB 104 Intro to Human Physiology Lab 1 hour

A physical science course from the approved university distribution list 3-5 hours

For a complete listing of courses approved for Natural Sciences and Technology credit, please visit the following website: <http://www.courses.uiuc.edu/gened/>.

¹ Students who began their college studies Fall 1994 or later must meet the Campus General Education Distribution requirement of no less than six hours credit from the Humanities and the Arts list and no less than six hours credit from the Behavioral and Social Sciences list. Courses not on these lists may be used for the third course in each category if appropriate to the category (i.e., similar in nature and content).

² Students beginning college studies fall 1994 or later are under the University's distribution requirements for Natural Sciences and Technology, Humanities and the Arts and Social Sciences list. Students in AT or TC program must take PSYC 100.

H. Cultural Studies^{1,2}

Total Hours Required: 6 hours

Cultural studies courses from the approved university distribution lists.

Non-Western/U.S. Minority Studies	3 hours
Western	3 hours

For a complete listing of courses approved for Cultural Studies credit, please visit the following websites: <http://www.courses.uiuc.edu/gened/> .

I. Computer Skills¹

Total Hours Required: 3 hours

One course from the following approved departmental list (all courses are 3 credit hours).

- CS 101/110 Intro to Computing, Eng & Sci (must take both courses or the 101 class including the laboratory)
- CS 105 Intro to Computing, Non-tech
- CS 125 Intro to Computer Science
- ACE 161 Microcomputer Applications
- EDPSY 457 Computer Use in Education

¹ Students who began their college studies Fall 1995 or later must meet this requirement.

² Credit for Cultural Studies may be applied to more than one requirement when appropriate, but the hours may be counted only once toward the degree.

³ Students beginning college studies fall 1993 or later are under the University's quantitative Reasoning I requirement.

- These courses meet the Campus Quantitative Reasoning I requirement. Students who began their college studies fall 1993 or later must meet this requirement. Please refer to the next section (Mathematics) for the complete list of courses that meet the Campus Quantitative Reasoning I requirement.

J. Kinesiology Supporting Course Work
 (As needed to bring University General Education Courses, Departmental
 General Education Courses and Supporting Course Work Sections)

In addition to those courses on any University General Education list, any courses with the following rubrics will be accepted as supporting course work in the Kinesiology Program (please refer to the list of approved courses meeting this requirement).

Rubric	Department Name
ANSC	Animal Sciences
BIOC	Biochemistry
BIOE	Bioengineering
IB or MCB	Biology
BIOP	Biophysics
BUS	Business
BADM	Business Administration
MCB	Cell and Structural Biology
CHEM	Chemistry
CHLH	Community Health
CI	Curriculum and Instruction
ECON	Economics
EPS	Educational Policy Studies
EPSY	Educational Psychology
FSHN	Food Science and Human Nutrition
HDFS	Human Development and Family Studies
KIN	Kinesiology
RST	Recreation, Sport and Tourism
MICR	Microbiology
MCB	Physiology
PSYC	Psychology
REHB	Rehabilitation Education Services
TAM	Theoretical and Applied Mechanics

In addition, CLCV 102 Medical Terms GRK & LAT Roots will also be accepted as Supporting Course Work.

V. PROGRESS TOWARD A DEGREE - STUDY LOAD POLICY
EFFECTIVE FALL 1987
 Revised Fall 1997

"Any AHS student will be considered to be making normal progress towards a degree if the student maintains a minimum enrollment of twelve (12) credit hours which count toward the respective degree during a given academic semester. Included within these twelve (12) credit hours, each academic department will require the student to maintain enrollment in at least three (3) credit hours of departmental courses. Students in violation of this rule are subject to action by the College of Applied Health Sciences which may result in an academic drop from AHS."¹

For Kinesiology majors this means that each student must take a minimum of one movement skills course (KIN 130 - 136) and one theory course chosen from the Core each semester until all Core requirements are met.

Within the 12 hour minimum (per semester) we suggest the following sequence of Kinesiology Core courses:

<u>First Year (8 hours)</u>	<u>Hours</u>	<u>Second Year (10 Hours)</u>	<u>Hours</u>
KIN 125 Introduction to Kinesiology	1	KIN 131-136 ² Movement Skills (choose one)	1
KIN 130 Analysis of Basic Movement	1	KIN 240 Soc & Psych of Phys Activity	3
KIN 131 - 136 Movement Skills (Choose one)	1	KIN 257 Coordination, Control & Skill	3
KIN 140 Social Sci of Human Movement	3	KIN 262 Motor Develop, Growth & Form	3
KIN 150 Bioscience of Human Movement	3		
<u>Third Year (6 hours)</u>	<u>Hours</u>		
KIN 352 Bioenergetics of Movement	3		
KINES 355 Biomechanics of Human Movement	3		

¹ College of Applied Health Sciences Undergraduate Handbook

² In cases where the final movement skills course (KIN 131-136) creates scheduling problems or is not offered the first semester of the second year, this class may be taken during a later semester. Any other exceptions to this policy must be approved by petition.

VI. SUMMARY OF TYPICAL ROTATION OF KINESIOLOGY UNDERGRADUATE COURSE OFFERINGS*

PLEASE NOTE: This listing is subject to change. Updated versions are available in 155 Freer. Students are encouraged to review future course plans each year using the most current version of this listing.

COURSES TYPICALLY OFFERED FALL, SPRING AND SUMMER SEMESTER

- 239 Coaching Strategies
- 385 Exper in Kinesiology Research
- 387* Exper in the Agency Setting
- 391 Special Project - Problems
- 485 Clin Exper in Sports Medicine
- 494 Special Topics

COURSES TYPICALLY OFFERED FALL AND SPRING SEMESTERS

- 120 Injuries in Sport
- 122 Physical Activity and Health
- 125 Introduction to Kinesiology
- 130 Analysis of Basic Movement
- 131 Movement Skills-Fitness
- 132 Movement Skills-Swimming
- 135 Movement Skills-Field
- 136 Movement Skills-Racquet
- 140 Social Sci of Human Movement
- 150 Bioscience of Human Movement
- 199 Undergraduate Open Seminar
- 240 Soc & Psych of Phys Activity
- 247 Intro to Sport Psychology
- 249 Sport & Modern Society
- 257 Coordination, Control & Skill
- 262 Motor Develop, Growth, & Form
- 268 Children's Movement
- 352 Bioenergetics of Movement
- 355 Biomechanics of Human Movement
- 393 Honors Thesis

*KIN 387 cannot be taken during summer session for initial credit. Only students already granted credit for KIN 387 and who have permission from the instructor may enroll in the course during the summer.

COURSES TYPICALLY OFFERED FALL SEMESTER

- 121 Survey of Sports Medicine
- 133 Movement Skill: Dance
- 142 Contemporary Issues in Sport
- 181 Athl Training Directed Observ
- 221 Therapeutic Modalities in AT
- 222 Base for Prescrip of Therap Ex
- 325 Adv Assess of Athl Inj - LE
- 344 Anthropology of Play
- 360 Adapted Physical Education
- 361 Curriculum in Grades K-6
- 364 Exper in the Common School
- 401 Measure & Eval in Kinesiology
- 429 Structural Basis of Movement
- 442 Body, Culture, & Society
- 443 Psychophysiology in Ex & Sport
- 447 Psych of Sport Performance
- 449 Sociology of Sport
- 453 Body Composition
- 457 Motor Learning & Control
- 462 Technology & Pedagogical KINES
- 473 Skill Acquisition Strategies

COURSES TYPICALLY OFFERED SPRING SEMESTER

- 134 Movement Skills: Gymnastics
- 220 Fund of Athletic Training
- 362 Curriculum in Grades 7-12
- 363 Instructional Strategies in PE
- 320 Adv Assess of Athl Injuries UE
- 422 Neurobiology of Therapeutic Ex
- 441 Games in Culture
- 446 Gender & Physical Activity (even years)
- 448 Exercise & Health Psychology
- 450 Biochemistry of Exercise
- 452 Clin & Applied Ex Physiology
- 454 Growth & Physical Development
- 459 Physical Activity & Aging
- 462 Research on Teacher Education

VII. HONORS THESIS

Students with outstanding academic records may request permission to write an Honors Thesis based on research conducted during two semesters of senior studies. The Associate head for Academic Affairs holds an informal meeting each spring to answer questions of these who may be interested in pursuing this option the following academic year.

No later than 4 weeks prior to the beginning of fall semester, a written proposal must be submitted outlining the project to be undertaken and requesting approval to enroll in an Honors Thesis.

To qualify students must have senior standing; minimum total grade-point averages of 3.25 for both the UIUC and KIN courses; at least 2 semesters remaining on campus; and approval of a proposal submitted at least 4 weeks before the beginning of fall semester.

Two semesters are spent planning, researching and writing an honors thesis, under supervision of a faculty member on a problem of appropriate scope and character. Theses must conform to the style and format guidelines for publications developed by the American Psychological Association. The manuscript should include the following sections: title page, abstract, introduction, method, results, discussion, references and an appendix (when appropriate). It is recommended that data collection be completed at least one month prior to the end of spring semester to allow adequate time for data reflection and to write the results and discussion sections. The thesis is due on the last day of classes spring semester.

In addition to the thesis, students are required to prepare a display of their research for the Annual Poster Presentation as part of the Honors and Awards Ceremony in April.

A committee that includes the faculty supervisor, the Associate Head for Academic Affairs, and an additional faculty member from the area of study, who was not involved in the project, reads the resulting thesis.

The College office is notified regarding students who are given distinction.

VIII. TEACHER EDUCATION PROGRAM

Students who desire certification to teach physical education may meet these requirements while earning the bachelor's degree in kinesiology. The decision to pursue teacher certification should be made early as the requirements are less flexible and a late choice may add credit hours needed for completion.

The K-12 certificate in physical education may be earned in the Department of Kinesiology and Community Health. Students may qualify for a second teaching field by completing the requirements of a teacher education minor (see the campus Programs of Study catalog) or by completing the State of Illinois minimum requirements and requesting a transcript evaluation through a Regional Superintendent's office.

Middle School Endorsements:

Any students interested in adding middle school endorsements to their certification after June 30, 1996 must take the following courses:

CI	499-MSI	Issues & Development in Educ
EPS	500	Topics in Educational Policy
EPSY	430	Early Adolescent Development

Kinesiology students interested in teaching physical education ONLY are not required to take the above courses.

The following pages discuss the program objectives, criteria for admission to the teacher education program, the application form, student teaching requirements, certification tests, and general education requirements which apply to students who want to be certified to teach physical education.



**Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Physical Education Teacher Education Program**

Application Instructions:

All information should be typed and in sufficient detail to enable the Physical Education Area of Specialization Admissions Committee to make an informed decision about your application. The Committee is interested in how you express yourself as well as why you have elected to enter the teacher certification program. Therefore, your ability to communicate effectively will be evaluated as one component of your application. Please note that these materials will be added to your academic file. Your application should include the following:

1. A completed application form.
2. A well-ordered essay that describes why you have decided to apply to the teacher education program. Please adhere to the following requirements when completing the essay: (a) no longer than one page, (b) double spaced, (c) 12 point font, and (d) one inch margins.

After you have completed your application, return it to 155 Freer Hall. Your grade point average will be added to your application by your academic advisor.

Program Fee:

All students enrolled in the program will be assessed a one-time public school certification clinical experience fee to partially cover costs associated with early field and student teaching experiences. This non-refundable \$550.00 fee (pending Board of Trustees approval) will be assessed during the semester in which you enroll for KIN 362: Curriculum in Grades 6-12.

Program Acceptance and Retention:

In addition to, or in support of the requirements for teacher certification by the School Code of Illinois and the Council on Teacher Education, the Committee has adopted the criteria described on the attached pages for acceptance into and retention in the program. These criteria include both objective and subjective measures that are described on the attached Common Assessment Plan checklist.

If a student is approved for admission, the Committee will so inform the student by letter. The Committee will review student progress each semester after admissions and make a recommendation as to whether or not a student should be retained in the program. If a student is placed on probation, or removed from the program, he/she will be informed by letter and given a 14 day period in which to appeal the decision in writing.



**Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Physical Education Teacher Education
Application Form**

Name: _____ ID #: _____

Local Address: _____

Local Phone: _____

Permanent Address: _____

Permanent Phone: _____

E-Mail Address: _____

Date of Application: _____

Date when you took (will take) the Illinois Certification Test of Basic Skills: _____

Do not write below this line

UIUC Hours: _____

Transfer Hours: _____

UIUC Grade Point Average _____

Cumulative Grade Point Average _____

Illinois Certification Test of Basic Skills:

Pass _____ Fail _____

Admit _____

Deny _____

Notification Date _____

Reasons _____



**UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN
Common Assessment Plan (CAP) for Undergraduate
Professional Education Programs Leading to Initial Certification**

**Council on Teacher Education (CTE) and
Department of Kinesiology and Community Health Requirements**
Effective for candidates entering professional education programs in Fall Semester 2003 or later

1. Admission Requirements to an Undergraduate Professional Education Program in Physical Education
Admission to the program is separate from admission to the University of Illinois at Urbana-Champaign

Applicants to the professional education program in physical education must:

- _____ 1) meet admission requirements of the College of Applied Health Sciences and Department of Kinesiology and Community Health;
- _____ 2) have a minimum UIUC grade point average (GPA) of 2.5 (A=4.0);
- _____ 3) have a minimum cumulative GPA of 2.5;
- _____ 4) pass the Illinois Certification Testing System (ICTS) test of Basic Skills; and
- _____ 5) normally have completed a minimum of 60 hours towards an earned degree.

II. Criteria for Continuation in the Undergraduate Professional Education Program in Physical Education

To be eligible for continuation in the undergraduate program in physical education, candidates must:

- _____ 1) maintain a minimum UIUC GPA of 2.5;
- _____ 2) maintain a minimum cumulative GPA of 2.5;
- _____ 3) maintain a minimum content area GPA of 2.5 or higher (see Attachment A);
- _____ 4) maintain a minimum professional education GPA of 3.0 or higher (see Attachment B);
- _____ 5) receive a grade of B- or above in KIN 360, 361, 362, 363, 364, and 460;
- _____ 6) be cleared through a criminal background check prior to participating in clinical experiences;
- _____ 7) complete the bloodborne pathogens training annually during clinical experiences;
- _____ 8) satisfactorily complete all required early field clinical experiences as documented by the *CTE Common Assessment for Early field Experiences (EFE) and Recommendation for Continuing Status in the Certification Program* and other program-defined, performance-based assessments;
- _____ 9) maintain a portfolio as per CTE and Department requirements; and
- _____ 10) meet professional standards of scholarship, ethics, and responsibility as evaluated by the Physical Education Area of Specialization Committee and based on criteria established in the document entitled, "Matrix of Professional Behaviors."

III. Admission to Student Teaching

To be eligible for student teaching, candidates must:

- _____ 1) have a minimum UIUC GPA of 2.5;
- _____ 2) have a minimum cumulative GPA of 2.5;
- _____ 3) have a minimum content area GPA of 2.5 or higher (see Attachment A);
- _____ 4) have a minimum professional education GPA of 3.0 or higher (see Attachment B);
- _____ 5) have achieved a B- or higher in KIN 360, 361, 362, 363, and 364;
- _____ 6) have completed all professional education coursework;
- _____ 7) complete 90 or more semester hours of credit;
- _____ 8) satisfactorily complete all required early field clinical experiences (minimum of 80 clock hours) as documented by the *CTE Common Assessment for Early Field Experiences (EFE) and Recommendation for Continuing Status in the Certification Program* and other program-defined, performance-based assessments;
- _____ 9) continue to maintain a portfolio as per CTE and Department requirements;
- _____ 10) apply to student teach at least one year in advance; and
- _____ 11) be recommended for a student teaching placement by the Physical Education Area of Specialization Committee.

IV. Recommendation for Certification

To be recommended for certification to the Illinois State Board of Education, candidates must:

- _____ 1) have a minimum UIUC GPA of 2.5;
- _____ 2) have a minimum cumulative GPA of 2.5;
- _____ 3) have a minimum content area GPA of 2.5 or higher (see Attachment A);
- _____ 4) have a minimum professional education GPA of 3.0 or higher (see Attachment B);
- _____ 5) have a B- or higher in KIN 360, 361, 362, 363, and 364;
- _____ 6) satisfactorily complete student teaching as documented by the *CTE Common Student Teaching Evaluation Form* and other program-defined, performance-based assessments;
- _____ 7) satisfactorily complete the *CTE Common Professional Portfolio Requirement for All UIUC Teacher Education Candidates*;
- _____ 8) receive a recommendation for certification from the appropriate clinical experiences program coordinator;
- _____ 9) be awarded a bachelor's degree by the appropriate college;
- _____ 10) be a U.S. citizen or legally present and authorized to work, of good character and in good health, and at least 19 years of age;
- _____ 11) pass the appropriate ICTS content test(s); and
- _____ 12) pass the appropriate ICTS Assessment of Professional Teaching test.

V. Follow-up Program Completers

A common unit survey will be sent to program completers at the end of their 1st, 3rd, and 5th years after completion of their professional preparation program.

**Common Assessment Plan (CAP) for Undergraduate
Professional Education Programs Leading to Initial Certification**

**ATTACHMENT A
Content Area GPA Requirements**

KIN 125:	Introduction to Kinesiology
KIN 130:	Analysis of Basic Movement
KIN 131:	Movement Skills: Fitness
KIN 133:	Movement Skills: Dance
KIN 135:	Movement Skills: Field
KIN 132, 134, or 136:	Movement Skills: Swimming, Gymnastics, or Racquet (two courses are required)
KIN 140	Social Sci of Human Movement
KIN 150:	Bioscience of Human Movement
KIN 240:	Soc and Psych of Phys Activity
KIN 257:	Coordination, Control & Skill
KIN 262:	Motor Develop, Growth & Form
KIN 352:	Bioenergetics of Movement
KIN 355:	Biomechanics of Human Movement
KIN 401:	Measure& Eval in Kinesiology

**Common Assessment Plan (CAP) for Undergraduate
Professional Education Programs Leading to Initial Certification**

**ATTACHMENT B
Professional Education GPA Requirements**

KIN 360:	Adapted Physical Education
KIN 361:	Curriculum in Grades K-6
KIN 362:	Curriculum in Grades 7-12
KIN 363:	Instructional Strategies in PE
KIN 364:	Exper in the Common School
KIN 460:	Technology & Pedagogical KINES
EPS 201:	Foundations of Education
EPSY 201:	Educational Psychology
CI 473:	Literacy in Content Areas



**Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Physical Education Teacher Education
Recommended Course Sequencing**

Fall-Junior Year

KIN 360: Adapted Physical Education
KIN 361: Curriculum in Grades K-6
EPS 201: Foundations of Education*
CI 473: Literacy in Content Areas (or fall senior yr.)

Spring-Junior Year

KIN 362: Curriculum in Grades 7-12
KIN 363: Instructional Strategies in PE
EPSY 201: Educational Psychology*

Fall- Senior Year

KIN 364: Exper in the Common School
KIN 460: Technology & Pedagogical KINES
KIN 401: Measure & Eval in Kinesiology

Spring-Senior Year

EDPR 438: Ed Prac in Sp Fields in Ele Ed
EDPR 442: Ed Prac in Secondary Ed
CPR/First Aid Certification

*These courses also may be taken during summer term

Required 300/400 Level (Select ONE: junior or senior year)

KIN 463: Research on Teacher Education
KIN 494: Special Topics: Research on Teaching
KIN 494: Special Topics: Research on Curriculum
KIN 494: Special Topics: Qualitative Research Methods
KIN 320: Adv Assess of Athl Injuries UE
KIN 325: Adv Assess of Athl Inj - LE

Please note: It is essential to meet with your advisor as class offerings may change without notice.

**Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Information Concerning Admission to and Retention in the
Physical Education Teacher Education Program**

Admission into teacher education in physical education is by recommendation of the Physical Education Area of Specialization Committee following a review of the student's application. In addition to, or in support of the requirements for teacher certification by the School Code of Illinois and the Council on Teacher Education, the Committee has adopted the following:

1. A formal application for **admission to** the teacher education program must be submitted to your academic advisor (see next page). Applications are available in and must be returned to 155 Freer Hall. A student is usually not considered for admission to the program unless he/she meets the following criteria:
 1. Complete a minimum of 60 hours towards an earned degree.
 2. Receive a passing score on the Illinois Certification Test of Basic Skills.
2. The Physical Education Area of Specialization Committee will review student progress each semester after admissions and make a recommendation as to whether or not the student should be **retained in** the teacher education program in physical education. The Committee will utilize both objective and subjective measures in arriving at their decision. The criteria include:
 1. Maintain a minimum 2.5 overall and UIUC grade point average
 2. Receive a grade of a grade of B- or above in Kin 361, 362, 363 and 364.
 3. Maintain at least a 3.0 Grade point average in all professional education courses including: Kin 360, 361, 362, 363, 364, and 460, EPS 201; EDSY 201; and CI 473.
 4. Maintain at least a 2.5 cumulative grade point average in all content area courses including: Kin 125, 130, 131, 132, 133, 134, 135, 136, 140, 150, 240, 257, 262, 352, 355 and 401.
 5. Pass the state required Criminal Background Check.
 6. Complete and pass Bloodborne Pathogen Training on an annual basis.
 7. Complete UIUC Professional Education Assessment during the first semester of acceptance in the program.
 8. Meet professional standards of scholarship, ethics, and responsibility (as determined by comments and evaluations that are submitted to the Committee by faculty members regarding the applicant).
3. If a student is approved for admission, the Committee will so inform the student by letter, with a copy to the undergraduate academic advisor. If a student is placed on probation or removed from the program, he/she will be informed by letter and give a 14 day period in which to appeal the decision in writing.
4. Please note that you must pass the appropriate Content Test prior to student teaching and Assessment of Professional Teaching Test before a teaching certificate will be issued.

**Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Information Concerning Admission to the
Physical Education Teacher Education Program**

Application Instructions:

All information should be typed and in sufficient detail to enable the Physical Education Area of Specialization Committee to make an informed decision about your admissions status. This information will be added to your academic file. We are interested in how you express yourself as well as the specific experiences that you have had relative to teacher education. Therefore, your ability to communicate effectively will also be considered.

Your application should include the following:

1. A completed application form.*
2. A well-ordered, 2-3 pages typed essay (double spaced with font size no smaller than 12 point) addressing the following points.
 - a. Describe personal experiences that led you to pursue a career in physical education.
 - b. Discuss how your experiences, or lack thereof, have influenced your ideas of cultural/racial/ ethnic diversity (language, people with disabilities, sexual orientation, religious beliefs, etc.)
 - c. Identify and discuss some experiences that influenced your ideas about the importance of developing inquiring and reflective minds, effective application technology in the schools, and teacher's role in fostering a commitment community service (social, political, and religious organizations, i.e., boy scouts, girl scouts, walk-a-thons, UNICEF collections etc.)

* Please remember to attach the appropriate application form.

After you have completed your application, return it to **155 Freer Hall**. Your grade point average will be added to your application by your academic advisor. It will then be forwarded to Dr. Graber, Chair of the Physical Education Area of Specialization Committee, and reviewed by the Committee.

IX. ATHLETIC TRAINING CONCENTRATION

This concentration is designed for the student interested in pursuing a career in Athletic Training as well as for the student interested in Athletic Training as an adjunct to her/his career. Students with such interests should contact an Undergraduate Academic Advisor in Kinesiology to discuss the Athletic Training Education Program.

While all students interested in the area of Athletic Training can pursue the available course work, the actual CAATE accredited athletic training program for NATA-BOC Certification is highly selective. Those athletic training students are selected from students applying to the program at the start of each fall semester. In this program, students work under the supervision of Certified Athletic Trainers, who are licensed by the state of Illinois. The program requires a minimum of five semesters to complete; students seeking teacher certification as well must allow for additional semesters. For application forms and additional information, contact the:

**Undergraduate Academic Advising Office
Kinesiology Program
155 Freer Hall
906 S. Goodwin Avenue
Urbana, IL 61801
<http://www.kch.uiuc.edu>**

**INFORMATION ON THE ATHLETIC TRAINING EMPHASIS
UNDERGRADUATE STUDIES PROGRAM - DEPARTMENT OF KINESIOLOGY
AND COMMUNITY HEALTH
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN**

NATURE OF CONCENTRATION: This program is designed for the student interested in pursuing a career in Athletic Training, as well as for the student interested in Athletic Training dual credentialing to his/her career.

ELIGIBILITY: Applicant must have been admitted to the University of Illinois at Urbana-Champaign and must take core Athletic Training Education Program (ATEP) core courses approved by the Commission on Accreditation of Athletic Training Education (CAATE), as well as approved university courses. Students must have the cumulative GPA 2.75 based on the semester hours of credit earned at the time of selection. This GPA includes grades for transfer work and the transfer GPA is 3.0 based on the 4-point scale.

ACCOMMODATING NUMBERS: The program is designed to accommodate approximately 36-48 students distributed as follows:

The ATEP typically accepts 12 to 16 students annually. Application is open to those with an academic status of sophomore or higher. Transfer students and upper classmen (juniors and seniors) will be considered, but course sequencing cannot be altered.

APPLICATION/SCREENING PROCEDURES: Having been accepted at the University of Illinois at Urbana-Champaign a student may apply to the program. Applications materials and procedures are outlined in KIN 181 and all documents must be submitted by November 1st. Those invited to interview will receive email notification for a late November to early December meeting. Those selected into the ATEP will receive a formal letter of acceptance in December and will be expected to begin the appropriate coursework and clinical rotations the following Spring Semester. Acceptance into the ATEP is contingent upon completion of a physical examination by a licensed physician, demonstration of meeting the technical standards for admission (completed during KIN 181), and completion or be in the process of completing a Hepatitis B Virus vaccination series. Otherwise the athletic training student must sign a waiver indicating they decline to receive a vaccine and assume the risks involved. To be considered eligible for an interview, each applicant must complete all of the following:

- Application: An application to the ATEP must be completed and included as the cover sheet with the application packet. The application is available to those enrolled in KIN 181
- Physical Examination: Instructions for completing the physical examination are given in KIN 181.
- Current CPR: All students must provide evidence of current CPR PRO and AED certification as an admission requirement to the ATEP. CPR certification can be obtained outside of the university. A photocopy of the certification card should be included with the application packet.
- Prerequisite courses: Sophomore status and enrollment or completion of Injuries in Sport (KIN 120) and Athletic Training Observation (KIN 181) are required prerequisite courses for the ATEP. Concurrent enrollment or completion of Human Anatomy (MCB 103/104) and Human Physiology (MCB 334) are preferred. Grades of an A or B are required in all prerequisite courses for admittance.
- Grade Point Average: Students applying to the ATEP must have a cumulative GPA of 2.75, however, a 3.0 GPA is recommended. Enrollment into the ATEP will be contingent upon the required GPA at the end of the fall semester, prior to beginning clinical rotations.
- Observation Hours: Students are expected to complete a minimum of 30 documented clinical observation hours. These hours must be completed as part of the KIN 181 class. Each of the hours must be completed under the direct supervision of a certified athletic trainer who is an approved clinical instructor of the UIUC

- Letters of Recommendation: Each student must include two (2) letters of recommendation with their application packet. We strongly encourage students to obtain letters from the clinical staff, graduate assistants, or other allied health professionals with whom the student has worked. Letters from family, friends, and employers are accepted, but not encouraged.
- Statement of interest: Each student should compose a brief essay (1-2 pages) explaining his/her interest in athletic training, career goals, and how the University of Illinois ATEP will help them obtain those goals. Essays clearly conveying these points and a comprehensive understanding of the athletic training profession will be recognized during the selection process.
- Interview: Only those students completing all the prerequisite requirements will be invited for an interview. The interview process will carry the greatest weight in the selection process. This portion of the application process is intended to identify those students who are dedicated to becoming athletic trainers and possess the technical standards necessary to become a successful athletic trainer.

CLINICAL EDUCATION EXPERIENCES: The ATEP curriculum includes a wide variety of clinical experiences to the athletic training student. The student will receive course credit through the Clinical Experience courses (KIN 182, 281, 282, 381, 384). This aspect of the ATEP compliments the didactic education and provides the ATS with the opportunity to learn and perform clinical skills. As part of the ATEP, each student will complete five, semester long clinical rotations. The aim of the ATEP is to provide every student with a supervised experience in a wide variety of settings including: upper extremity (eg baseball), lower extremity (eg track), equipment intensive (eg football), in-season, and out of season sports, and a general medical experience. Most clinical experiences will be made to varsity sports within the [Department of Intercollegiate Athletics](#) at the University of Illinois. Other rotations at area high schools and rehabilitation clinics may be included as they become available. The opportunity to observe surgery, participate in athlete rehabilitation and in cutting edge sports medicine research is also provided. There may be some costs incurred by the student related to clinical activity.

ADDITIONAL INFORMATION: More information pertaining to the UIUC ATEP can be found at: <http://www.kch.uiuc.edu/athletic-training-ed/undergrad.htm>. In addition, students interested in the ATEP should contact the program director (Dr Steve Broglio) at broglio@uiuc.edu.

University of Illinois at Urbana-Champaign - 2007

The UIUC ATEP program was granted initial accreditation by the National Athletic Trainers' Association in 1979, and has received re-accreditation every five years since that time. Most recently, the ATEP was awarded accreditation for five years in 2003 by the Commission on Accreditation of Athletic Training Education.

Variety of Clinical Experiences:

Division of Intercollegiate Athletics NCAA Division I sports with a variety of teams and the Carle Foundation Hospital Sports Medicine division.

Faculty:

2 Department of Kinesiology and Community Health faculty and 10 certified athletic trainers teach and serve in area of academic preparation.

Core Coursework

Successful completion of the UIUC ATEP includes 128 hours of required coursework for a Bachelors of Science degree in Kinesiology with an emphasis in Athletic Training.

General Education Core: 54 Hours includes Cadaver Anatomy, Human Physiology & General Psychology, Science, Math, Rhetoric and Computer Skills.

Kinesiology Core: 24 Hours includes Basic Movement Skills, Foundations, Social Scientific, Psychological Aspects, Bioenergetics, Biomechanical, Coordination, Control and Skill, AND Motor Development.

Athletic Training:

120: Injuries in Sports: Emphasizes injury mechanisms, means of injury prevention, and emergency care applied to various types of sports injuries; lab sessions emphasize preventive and therapeutic taping and first aid (2 Hours).

181: Directed observation and acquisition of athletic training skills for selection into the nationally accredited CAATE ATEP. Emphasis is on acquisition of athletic training skills and the UIUC's athletic training educational program policies and procedures.

182: Clinical Progression in Athletic Training 1
Emphasis is on acquisition of athletic training skills and clinical progression in athletic training and assimilation in the culture of the athletic training profession (2 Hours).

220: Discussion of the role of the athletic trainer; advanced emergency procedures, and injury prevention. Understanding the process of injury and healing as a basis for prevention and treatment of athletic injuries is emphasized including general medical terminology. (2 Hours).

221: Therapeutic Modalities in Athletic Training: Emphasis on instrumentation and application of therapeutic modalities in lab settings: therapeutic heat, electrotherapy, traction, massage and hydrotherapy (3 Hours).

222: Bases for Prescription of Therapeutic Exercise: Functional anatomy and injury constraints as a basis for prescription of therapeutic exercises for musculoskeletal conditions; lab sessions stress clinical evaluation of muscle and joint function and familiarization with therapeutic exercises (3 Hours).

281: Clinical Progression in Athletic Training 2

Emphasis is on mastery of entry-level athletic training skills for first aid, injury management, and knowledge of initial screening and record keeping methods of the athletic training profession (2 Hours).

282: Clinical Progression in Athletic Training 3

Emphasis is on mastery of entry-level athletic training skills for lower extremity injury evaluation and therapeutic modalities for the athletic training profession. (2 Hours).

381: Clinical Progression in Athletic Training 4

Emphasis is on mastery of entry-level athletic training skills for pathology and pharmacology and the evaluation of upper extremity athletic injuries for the athletic training profession in the context of patient, subject and athlete outcome objectives. (2 Hours).

382: Clinical Progression in Athletic Training 5. Emphasis is on mastery of entry-level athletic training skills on athlete evaluation and physical assessment skills of athletic injuries for the athletic training profession to real problems in the context of patient, subject and athlete outcome objectives (2 Hours).

384: Capstone Clinical Proficiency in Athletic Training. Capstone clinical proficiency for the Athletic Training Education Program.

Athletic Training/Sports Medicine:

320: Advanced Assessment of Athletic Injuries B Upper Extremities: Provides knowledge of upper extremities including head, neck, face and trunk: Emphasis is on acquisition of athletic training policies and procedures including the content areas of assessment, evaluation, general medical conditions and temporary disabilities of the upper extremity, head, neck, face and trunk (3 hours).

325: Advanced Assessment of Athletic Injuries- Lower Extremities: Provides knowledge of low back and lower extremities: Emphasis is on acquisition of athletic training policies and procedures including content areas of assessment, evaluation, general medical conditions and temporary disabilities of the low back and lower extremities (3 hours).

384: Capstone Clinical Proficiency in Athletic Training: Emphasis is on independent clinical proficiency of athletic training skills. Students may choose any section for their capstone clinical experience: High School, Rehabilitation, Sport Well Ambulatory Clinic and Athletic Training Room Sections (HRST) (2 hours - repeatable).

481: Medical Aspects of Sports Medicine:

Focuses on the identification and management of common medical conditions and illnesses associated with the physically active population. Content will address common assessment and evaluation procedures and the development of an appropriate management plan for the return to activity and/or continuation of current physical activity status. Emphasis will be given to the role of the Athletic Trainer. (3 Hours).

Kinesiology Electives:

247: Intro to Sport Psychology*

401: Measure and Eval in Kinesiology

Correlate Coursework:

Molecular Cellular Biology: MCB 334; Functional Human Anatomy

Molecular and Cellular Biology: MCB 103 and 104; Intro to Human Physiology

Food Science and Human Nutrition: FSHN 120; Contemporary Nutrition

Community Health: CHLH 100; Contemporary Health

Psychology: Psych 216; Child Psych* or Psych 238; Abnormal Psychology*

*optional depending on departmental correlate

Homepage: www.kch.uiuc.edu/athletic-training-ed

For Further Information:

Academic Affairs Office

University of Illinois at Urbana-Champaign

Department of Kinesiology and Community Health

113 Freer Hall

906 S. Goodwin

Urbana, IL 61801

(217) 333-1083; (217) 244-7322 FAX

University of Illinois at Urbana-Champaign Athletic Training Education Program

Faculty:

Steve Broglio, Ph.D., LAT, ATC
Director, Undergraduate Athletic Training Education Program

Kyle Ebersole, Ph.D., LAT, ATC
Director, Graduate Athletic Training Education Program

Karen Iehl-Morse, M.S., LAT, ATC
Faculty and Clinical Coordinator

Brian Collette, M.Ed., LAT, ATC
Faculty and Clinical Supervisor

Angie Miller, M.A., LAT, ATC
Faculty and Clinical Supervisor

Caroline Johnson, M.S., LAT, ATC
Faculty and Clinical Supervisor

Paul Schmidt, M.S., LAT, ATC
Faculty and Clinical Supervisor

Affiliated Clinical Faculty

Al Martindale, M.S., LAT, ATC
Clinical Supervisor and Head of Sports Medicine

Randy Ballard, M.Ed., LAT, ATC
Clinical Supervisor

Byron Cunningham, M.S., PT, LAT, ATC
Clinical Supervisor

Robert Bane, M.D.

Robert Gurtler, M.D.

Jeff Kyrouc, M.D.

Jerrad Zimmerman, M.D.

**College of Applied Health Sciences
Department of Kinesiology and Community Health
Athletic Training Research/Educational Programs
209 Freer Hall, 906 S. Goodwin Avenue
Urbana, IL 61801-3895
(217) 333-7699; (217) 244-7322 FAX**

X. COACHING ENDORSEMENT

The Department of Kinesiology and Community Health offers a departmental coaching endorsement for those students who complete the prescribed sequence of courses. These courses will offer students the opportunity to acquire knowledge and understanding in the following areas: health and medical aspects of coaching; philosophy, principles and ethics of coaching; coaching strategies; biomechanical and physiological aspects of coaching; and social-psychological issues of sport.

This endorsement is recognized by the Illinois High School Association (IHSA) for coaching in the public schools.

This endorsement is available to all students; however, the particular degree program in which a student is enrolled will have a direct bearing upon the number of coaching endorsement courses which can count towards graduation requirements. It may be necessary for students to take courses beyond the number required for graduation to gain this coaching endorsement.

Students interested in pursuing the Department of Kinesiology and Community Health Coaching Endorsement should contact the Undergraduate Academic Advising Office, Department of Kinesiology and Community Health, 155 Freer Hall, 906 S. Goodwin Ave., Urbana, IL 61801. Information regarding the Kinesiology Program and the available courses are available through the World Wide Web at the following address: <http://www.kch.uiuc.edu>. Course descriptions and prerequisites can be found in the current **Courses Catalog**. (<http://courses.uiuc.edu/catalog>)

A. Coaching Endorsement Program

Required Courses: (12 hours required) -

KIN 120	Injuries in Sport (2 hours)
KIN 130	Analysis of Basic Movement (1 hour)
KIN 140	Social Scientific Bases of Sport (3 hours)
KIN 150	Bioscience of Human Movement (3 hours)
KIN 239	Coaching Strategies (3 hours)

Choose 1 of: (3 hours required) --

KIN 364	Exper in the Common School (3 hours)
KIN 387	Exper in the Agency Setting (3 hours)

(Must include coaching in the experiences assigned)

Choose 1 of: (1 hour required) -

KIN 100A	Conditioning and Weight Control (1 hour)
KIN 100C	Weight Training (1 hour)
KIN 131	Movements Skills: Fitness (1 hour)

Choose 2 of: (2 hours required)

KIN 102B	Tennis II (1 hour)
KIN 102Z2	Tennis III (1 hour)
KIN 102D	Golf II (1 hour)
KIN 102Z3	Golf III (1 hour)
KIN 106B	Swimming II (1 hour)
KIN 107B	Competitive Swimming (1 hour)
KIN 107Z1	Fitness Swimming (1 hour)
KIN 109B	Volleyball II (1 hour)
KIN 109Z1	Volleyball III (1 hour)
KIN 109Z2	Basketball II (1 hour)
KIN 109Z4	Soccer II (1 hour)
KIN 109Z5	Softball II (1 hour)
KIN 110Z	Tumbling II (1 hour)
KIN 132	Movement Skills: Swimming (1 hour)
KIN 134	Movement Skills: Gymnastics (1 hour)
KIN 135	Movement Skills: Field (1 hour)
KIN 136	Movement Skills: Racquet (1 hour)

Choose 2 of: (6 hours required) --

KIN 247	Intro to Sport Psych (3 hours)
KIN 249	Sport & Modern Society (3 hours)
KIN 252	Bioenergetics of Movement (3 hours)
KIN 255	Biomechanical of Human Movement (3 hours)
KIN 257	Control, Coordination & Skill (3 hours)
KIN 262	Motor Development, Growth & Form (3 hours)
KIN 360	Adapted Physical Education (3 hours)
KIN 363	Instructional Strategies in PE (3 hours)
KIN 446	Gender & Physical Activity (3 hours)
KIN 454	Growth & Physical Development (3 hours)

TOTAL (24 hours Required)

XI. HONORS, AWARDS, AND SCHOLARSHIPS

A. Undergraduate Awards and Scholarships

The following scholarships are awarded to students majoring in Kinesiology who have shown a combination of scholarly merit, and professional promise. The monetary value of all awards and scholarships is subject to change and based upon the funds available. They will be awarded at the Department of Kinesiology and Community Health Honors and Awards Ceremony in the Spring. Student applications are due in early in the Spring semester. Please check the Kinesiology website for dates. The selection committee for scholarships is comprised of Kinesiology faculty and students.

Joanne M. Carraway and Charles M. Carraway: undergraduate preference to women

Carol Chittenden Scholarship: undergraduate student

Helga M. Deutsch Scholarship: undergraduate student

Beulah Drom Scholarship: female undergraduate student

Carita Robertson/Physical Education for Women Scholarship: Awarded to undergraduate female students enrolled in the Kinesiology curriculum.

Roger Morse Outstanding Senior Scholarship: senior with a minimum GPA of 3.5

Seward C. Staley Scholarship: freshman with a minimum GPA of 3.25 (Awarded for three years)

Marianna Trezell: undergraduate student

Agnes Vidovic Scholarship: undergraduate female student

B. College of Applied Health Sciences Undergraduate Awards and Scholarships

Please refer to the following website for further information: <http://www.ahs.uiuc.edu/>

C. Kinesiology Undergraduate Honors

The Alpha Sigma Nu Honorary and the Kinesiology Senior Honorary Award are also awarded at the Honors and Awards Ceremony in the Spring semester. Additional information is available in 155 Freer Hall.

Alpha Sigma Nu Honorary: The purpose is to recognize the academically gifted student who has demonstrated high-level leadership qualities through active participation in service projects. Students need a junior or senior standing and a minimum GPA of 3.0. The selection committee for the Alpha Sigma Nu Honorary is comprised of students.

Kinesiology Senior
Honorary Award:

The purpose is to honor outstanding senior Kinesiology majors for their academic excellence, commitment to scholarship, contributions and commitment to the profession as evidenced by personal and professional growth during their undergraduate years. A minimum GPA of 3.0 is required. The selection committee for the Kinesiology Senior Honorary Award is comprised of faculty and students.

D. College of Applied Health Sciences Honors

Dean's List:

Students who successfully complete a minimum of 14 semester hours, who have earned a minimum of a 3.0 grade point average, and rank in the top 20% of their respective class will be placed on the Dean's List for that semester.

E. University Honors

Graduation with Honors:

A student must have earned a UIUC grade point average of 3.250 or higher based on a minimum of 55 graded semester hours.

Graduation with
High Honors:

A student must have earned a UIUC grade point average of 3.5 or higher based on a minimum of 55 graded semester hours.

Graduation with
Highest Honors:

A student must have earned a UIUC grade point average of 3.75 or higher based on a minimum of 55 graded semester hours.

Bronze Tablet:

Students must have a minimum of a 3.5 cumulative grade point average for all work at the UIUC and rank in the top three percent of the students in their respective AHS graduating class.

F. University Scholarships

The University of Illinois has a wide range of honor, award, scholarship, and loan offerings. Contact the Office of Student Financial Aid, Fourth Floor, F.H. Turner Students Services Building, 333-0100. A free of charge scholarship search service (Fast WEB) is available on the World Wide Web (<http://web.studentservices.com/fastweb/>). In addition, a scholarship search service is provided by the Illinois Student Assistance Commission (Higher EdNET) for a \$10 processing fee (call 1-800-899-4722 for an application) or stop by the Office of Student Financial Aid.

XII. KINESIOLOGY STUDENT ASSOCIATION

The Kinesiology Student Association (KSA) is a voluntary association composed of Kinesiology majors and minors. It is a student run organization designed to provide a mechanism for students to express their educational, professional and social interests and concerns. The association serves the following functions:

1. Meet other Kinesiology students.
2. Meet Kinesiology faculty.
3. Obtain information about advanced education, careers, and possible job opportunities in the field of Kinesiology.
4. Attend professional clinics and conferences.
5. Learn about various certification procedures.
6. Learn from professional speakers in the field of Kinesiology.
7. Encourage community and university involvement through volunteer activities.

To become a member of the Kinesiology Student Association, the Kinesiology major attends the monthly meetings (dates and times are determined at the beginning of each semester) and pays a minimal membership fee which is used for association activities.

A faculty advisor is appointed to the association. Near the end of the spring semester, officers are elected for the following years. The members of the association elect the following officers: president, vice-president, treasurer and secretary. These officers are responsible for conducting the business of the Association.

XIII. DIRECTORY OF FACULTY
Kinesiology Program

<u>NAME</u>	<u>INTERESTS AND RESEARCH AREAS</u>
BOPPART, MARNI	Exercise Physiology
BROGLIO, STEVE	Athletic Training, sport related mild traumatic brain injury
CARLTON, MARY	Motor Control
CARLTON, LES (Associate Head for Academic Affairs)	Biomechanics, Motor Control
CASTELLI, DARLA	Pedagogy and Instructional Technology
CHODZKO-ZAJKO, WOJTEK (Department Head)	Aging and physical activity; effect of exercise and physical activity on sensory, motor and cognitive functioning in old age.
EBERSOLE, KYLE	Athletic Training, muscle function during maximal, submaximal, and fatiguing actions and functional tasks.
EVENS, ELLEN	Exercise Physiology
FERNHALL, BO	Exercise Physiology
CRULL, GARY	Curriculum & Instructional Strategies, Team and Individual Sports, Supervision of Student Teachers
GRABER, KIM	Curriculum and Instruction, Instructional Strategies, Professional Preparation of Teachers
HILLMAN, CHARLES	Psychophysiological measurement of the effects of physical activity on neurocognitive processes in older adults, and the influence of exercise on motivated attention and emotion
HUEY, KIMBERLY	Exercise Physiology
LITTLEFIELD, MELISSA	Cultural Studies, Body Studies, Feminist Science and Technology
MCAULEY, EDWARD	Psychology of Sport, Health Behavior and Motivation
MOTL, ROBERT	Exercise Psychology
PETRUZZELLO, STEVEN	Psychology of Exercise and Sport
POLLOK, ANN	Instructional Strategies, Aquatics
ROSENGREN, KARL	Cognitive and Perceptual Development

SOSNOFF, JACOB	Motor Control
SYDNOR, SYNTHIA	History and Anthropology of Physical Activity
WILUND, KENNETH	Exercise Physiology
WOODS, AMY	Pedagogy
WOODS, JEFFREY	Exercise Physiology, Exercise and Immune Function
ZHU, WEIMO	Measurement theory and applications in Kinesiology

XIV. PROFESSIONAL ORGANIZATIONS

All Kinesiology majors are strongly encouraged to join professional organizations and to take advantage of the benefits such memberships offer to students. Active involvement provides opportunities for receiving up-to-date information from leaders in the profession, attending district and national conventions, receiving professional publications, making contacts that may enhance later career moves, leadership experience, and items to list on resumes.

The professional organizations appropriate to all Kinesiology majors are ACSM, MWACSM, AAHPERD and IAHPERD. In addition, students are urged to join others aimed at their specific career goals such as those for athletic trainers, sport psychologists, teachers, etc. Membership applications are available in the Undergraduate Academic Advising Office.

American College of Sports Medicine (ACSM)

The American College of Sports Medicine promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

Midwest American College of Sports Medicine (MWACSM)

Regional Chapter of ACSM

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

AAHPERD has among its goals the broadening of students' horizons as they prepare for life-time careers in dance, health, physical education and recreation. Professional experiences outside of the classroom such as those derived from active participation in AAHPERD, especially through the Student Action Council, can assist students greatly in career preparation.

In addition to these benefits, AAHPERD (and IAHPERD - our state affiliate) offer reduced rates for students and scholarships for juniors to use in their senior years of study.

Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD)

This prominent state association, affiliated with AAHPERD, holds similar purposes and services as AAHPERD. The Association also has a Student Council Section. State Conventions are held annually.

Midwest Association for Health, Physical Education and Recreation (MAHPER)

This group is a district association of AAHPERD.

National Association for Sport and Physical Education (NASPE)

This is also an affiliate of AAHPERD.

National Athletic Trainers' Association (NATA)

Enhances the quality of health care provided by certified athletic trainers and to advance the athletic training profession.

Student Action Council (SAC)

The Student Action Council (SAC) is a section of AAHPERD governed by and designed specifically for students. It is one of the eleven specialized councils housed in ARAPCS (the Association for Research, Administration, Professional Councils and Societies).

XV. CAREERS

Kinesiology

The discipline of **kinesiology** has as its focus the study of human movement. Students graduating with the degree of Bachelor of Science in Kinesiology are prepared as independent critical thinkers who possess an extensive understanding of the domain of physical activity and the intellectual study of human movement. Given the rapidly emerging focus that is being paid to the role of physical activity in all elements of a healthy lifestyle, the discipline of kinesiology has become a particularly attractive area of study. The undergraduate program at the University of Illinois combines a comprehensive liberal arts and sciences education with in-depth study of the student's particular area of interest. Areas of study encompass the study of physical activity from the perspectives of Biobehavioral Kinesiology (biomechanics, exercise psychology, motor learning, development, and control; test and measurement), Cultural, Pedagogical & Interpretive Studies (cultural studies, pedagogy, sociology), Exercise Physiology/Athletic Training (athletic training, exercise physiology and testing, immunology, fitness).

Career Opportunities

Because of its breadth of focus, kinesiology provides an excellent foundation for numerous professional and scientific careers. Listed below are selected examples of career directions that a degree in kinesiology can provide.

Athletic Training	Coaching	Sports Law
Occupational Therapy	Athletic Director	
Physical Therapy	Athletic Administration	
Physician	Kinesiotherapist	
Physicians Assistant	Rehabilitation	
Chiropractor	Exercise Physiology	
Cardiac Rehabilitation	Health/Fitness Consultant	
Corporate Fitness	Nutrition Specialist	
Personal Training	Strength & Conditioning Specialist	
Research Scientist	Graduate Study	
Physical Education Teacher	Sports Psychology	

For further information contact:
Academic Advising Office
155 Freer Hall
333-2461
kines-advising@ahs.uiuc.edu

XVI. RULES, REGULATIONS, PROCEDURES, OPTIONS

All students enrolled at the University of Illinois at Urbana-Champaign are responsible for the information in and subject to the rules and regulations specified in the Code on Campus Affairs and Handbook of Policies and Regulations Applying to All Students. This booklet is published prior to Each fall semester registration and is available without charge to each student and interested staff member.

This publication is available at the following website:

<http://www.admin.uiuc.edu/policy/code/index.html>

The College of Applied Health Sciences produces an Undergraduate Handbook for undergraduates in the Departments of Kinesiology and Community Health, Leisure Studies, and Speech and Hearing Science which serves as a supplement to the Code. The AHS Undergraduate Handbook is available in 112 Huff Hall and on the web at http://www.als.uiuc.edu/advising/Handbook/2007-AHS_Handbook.pdf and 155 Freer Hall. It contains useful information on such subjects as: adding and dropping courses, the credit/no credit option, changing colleges, probation and drop status, honors, irregular attendance, progress toward a degree, graduation requirements, waiver of rules, withdrawal from the University, and course credit that does not apply toward graduation.

Additional useful information on campus policies and outlines of all undergraduate curricula for this campus are contained in the Programs of Study on the web at: <http://courses.uiuc.edu/cis/programs/urbana>

Sexual Harassment

Sexual harassment is defined by law and includes any unwanted sexual gesture, physical contact or statement that a reasonable person would find offensive, humiliating or any interference with his or her required tasks or career opportunities at the University.

The University of Illinois will not tolerate sexual harassment of students or employees. The University environment must be free of sexual harassment in work and study. The University will respond to every case of sexual harassment reported, will take action to provide remedies when sexual harassment is discovered, and will impose appropriate sanctions on offenders in a case by case manner.

Students who believe they have been sexually harassed should contact their academic advisor (333-0470), the Affirmative Action Office (333-0885), the Dean of Students (333-2121), the campus Ombudsofficer (333-1345) or the Department of Kinesiology and Community Health harassment ombudsperson for assistance. Two places where women are always available to provide advice on sexual harassment are the Office of Affirmative Action (333-2147) and the Office of the Dean of Students (333-9183).

Some cases of sexual harassment can be resolved satisfactorily in an informal manner. Others require using the appropriate grievance procedure to file a formal claim of harassment. The people listed above can provide you with information and confidential advice to help you decide what to do if you have been sexually harassed.

Non Discrimination Statement

The commitment of the University of Illinois to the most fundamental principles of academic freedom, equality of opportunity, and human dignity requires that decisions involving students and employees be based on individual merit and be free from various discrimination in all its forms.

It is the policy of the University of Illinois not to engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, marital status, disability, sexual orientation, unfavorable discharge from the military, or status as a disabled veteran or a veteran of the Vietnam era and to comply with all federal and state nondiscrimination, equal opportunity and affirmative action laws, orders, and regulations. This University's nondiscrimination policy applies to admissions, employment, access to and treatment in the University's program and activities. Complaints of invidious discrimination prohibited by University policy are to be resolved within existing University procedures.

Absences

Class attendance is expected of all students. No absences are "excused" and all must be explained to your instructors and supporting evidence provided on request. Arrangements should be made to make up the work missed. Instructors frequently specify attendance policies and how missed work will be treated in their course outlines.

If any emergency situation causes you to miss classes and prevents you from contacting your instructors, you or a friend/relative should contact the Emergency Dean at 333-0050. This telephone is answered 24 hours a day, 7 days a week. When it becomes possible to contact an academic advisor they should be notified of the circumstances (333-2461).

When a student's attendance becomes so irregular that his/her scholarship is likely to be impaired, the instructor submits a report of irregular attendance. When in the opinion of the instructor irregular attendance has so seriously impaired the work of a student as to make continuation unprofitable, the dean of the college concerned may require the student to withdraw from the course with a grade of F or W. If repeated absences seem to the dean of the college in which the student is enrolled to be a matter requiring discipline, the case may be reported to the Subcommittee on Undergraduate Student Conduct for action.

Instructor's Ability to Communicate in English

All academic departments at the University have taken steps to ensure that all instructors are able to communicate clearly in English in the classroom. Students who find it difficult to understand an instructor whose native language is not English should follow the procedure below:

1. Immediately contact the department head or chairperson of the department in which the course is being offered to report the problem.
2. If the department head or chairperson determines that a substantial portion of the class members are having a similar problem, a new instructor must be assigned to teach the class in question.
3. If it is determined that only a small minority of the students in the class are having the problem of understanding the instructor, those students should be promptly transferred to another section.

XVII. SERVICE DIRECTORY

Academic Grievances	Jacqueline E. Bowman, Ombudsofficer Temporary location: 55 E. Armory St.	333-1345
Address/Name Change	Admissions & Records 901 W. Illinois	333-0210
Applied Life Sciences Library	146 Library Building	333-3615
Assault Prevention Ride Service	Nite Rides 333-3184	
Career/Vocational	Career Services Center 715 S. Wright	333-0820
Correspondence On-line Courses	Office of Guided Individual Study Suite 1406, 302 E. John Street	333-1321
Counseling: Academic	Undergraduate Academic Advisor 155 Freer Hall	333-2461
Career-Vocational	Career Services Center 310 Student Services Building	333-0820
Disabilities	Rehabilitation Education Services Rehabilitation Center, 1207 S. Oak Street	333-4622
Financial	Office of Student Financial Aid Fourth Floor, Student Services Building	333-0100
General Counseling	Counseling Center 206 Student Services Building or 337 McKinley Health Center	333-3704 333-8360
Legal	Student Legal Services 268 Illini Union	333-9053
Health/Medical	Dial-a-Nurse or McKinley Health Center	333-2700 333-2701
Medical Careers	Undergraduate Advisor 155 Freer Hall	333-2461
Mental Health	Mental Health Clinic McKinley Health Center	333-2705
Personal/Social	Counseling Center 206 Student Services Building	333-3704

Educational Opportunities Program	Dean of Students Office 130 Student Services Building	333-0054
Emergency Assistance	Dean of Students Office (24 hrs a day) 300 Student Services Building	333-0050
Employment (while a student)	Student Employment Office Fourth Floor, Student Services Building	333-0600
Fee Assessment	Admissions & Records 901 W. Illinois	333-0210
Financial Aid	Office of Student Financial Aid Fourth Floor, Student Services Building	333-0100
Housing Information Undergrad Residence Halls	Housing Division 200 Clark Hall	333-0610
Insurance, Student Medical	807 S. Wright, 4th Floor	333-0165
Leadership Seminars	Leadership Development Office 300 Student Services Building	333-5178
Organizations, Student	Office of Registered Student Organizations, 284 Illini Union	333-1153
Reading and Study Skills Improvement	Counseling Center 206 Student Services Building	333-3701
Recreation/Intramurals	Campus Recreation, 172 IMPE	333-3510
Stress Management Workshops	McKinley Health Center	333-2714
Study Abroad	Study Abroad Office 115 International Studies Building	333-6322
Testing Service (Placement/ Proficiency Tests or GRE, etc.)	200 Student Services Building	333-7063
Transcripts and Student Records	Admissions & Records 100 Henry Administration Building	333-0210
Withdrawal from University	College of Applied Health Sciences 107 Huff Hall	333-2131
Women	Women's Programs Office 2 Student Services Building	333-3137
Work Study	Office of Student Financial Aid Fourth Floor, Student Services Building	333-0600

XVIII. PROGRAM WORKSHEET

(Please see Academic Advisor for Kinesiology for a copy of the worksheet)

XIX. STUDENT PROGRAM RECORD FORMS

The Kinesiology Undergraduate Academic Advisors maintain Student Program Record Forms for each individual in the Department. This form is used to record all courses taken by an individual student leading toward graduation. The form is divided into the seven areas described previously under the Undergraduate Curriculum Guidelines:

University General Education Requirements

Departmental General Education Requirements

Support Course Work

Kinesiology Core Requirements

Elective Kinesiology Courses

Correlate Area Studies

Free Electives

There are three versions of the form. One is for students in General Kinesiology, one is for those in the athletic training curriculum, and the other is for students who are seeking teacher certification; it includes both the degree requirements and requirements for certification.

Each student is **strongly encouraged** to maintain a personal record of progress toward his/her degree in Kinesiology.

Program Form: 10KY0351BS (General Kinesiology)

Name _____

UIN _____

At least 3 courses must be at the 300-level. All must be from the Elective Kinesiology list.

<u>University General Education Courses *</u>	Hours	Grade	Sem.
Composition I			
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
Foreign Language			
(1) _____	_____	_____	_____
Quantitative Reasoning I			
(1) _____	_____	_____	_____
Quantitative Reasoning II			
(1) _____	_____	_____	_____
Humanities & Arts **			
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
Behavioral & Soc. Sci. **			
(1) _____	_____	_____	_____
Natural Sciences			
<i>phys. sci.</i> (1) _____	_____	_____	_____
(2) MCB 103/104	4	_____	_____
Cultural Studies:			
(if not taken above)			
<i>Western</i> (1) _____	_____	_____	_____
<i>Non-west</i> (2) _____	_____	_____	_____
TOTAL COURSES:	_____	(12)	_____
TOTAL HOURS:	_____	(~38)	_____

<u>Kinesiology Core Requirements</u>	Hours	Grade	Sem.
(1) KIN 125	1	_____	_____
(2) KIN 130	1	_____	_____
(3) KIN 13_	1	_____	_____
(4) KIN 13_	1	_____	_____
(5) KIN 140	3	_____	_____
(6) KIN 150	3	_____	_____
(7) KIN 240	3	_____	_____
(8) KIN 257	3	_____	_____
(9) KIN 262	3	_____	_____
(10) KIN 352	3	_____	_____
(11) KIN 355	3	_____	_____
TOTAL HOURS:	_____	(25)	_____

<u>Elective Kinesiology Courses #</u>	Hours	Grade	Sem.
BIO (1) KIN _____	_____	_____	_____
CCS (2) KIN _____	_____	_____	_____
SSPA (3) KIN _____	_____	_____	_____
(4) KIN _____	_____	_____	_____
(5) KIN _____	_____	_____	_____
(6) KIN _____	_____	_____	_____
TOTAL HOURS:	_____	(18-19)	_____

<u>Departmental General Education Courses ***</u>	Hours	Grade	Sem.
Mathematics			
(if not taken above)			
(1) _____	_____	_____	_____
Computer Skills			
(if not taken above)			
(1) _____	_____	_____	_____
Anatomy			
(1) MCB 334	5	_____	_____
TOTAL COURSES:	_____	(1-4)	_____
TOTAL HOURS:	_____	(~5-13)	_____

<u>Correlate Area Courses</u>	Hours	Grade	Sem.
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
(4) _____	_____	_____	_____
(5) _____	_____	_____	_____
(6) _____	_____	_____	_____
(7) _____	_____	_____	_____
TOTAL HOURS:	_____	(~18)	_____

<u>Supporting Course Work***</u>	Hours	Grade	Sem.
(as needed to bring total from the above 2 areas to 54 hours)			
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
(4) _____	_____	_____	_____
(5) _____	_____	_____	_____
TOTAL COURSES:	_____	_____	_____
TOTAL HOURS:	_____	_____	_____

<u>Free Elective Courses</u>	Hours	Grade	Sem.
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
(4) _____	_____	_____	_____
(5) _____	_____	_____	_____
(6) _____	_____	_____	_____
(7) _____	_____	_____	_____
(8) _____	_____	_____	_____
(9) _____	_____	_____	_____
(10) _____	_____	_____	_____
TOTAL HOURS:	_____	_____	_____

TOTAL HOURS: _____ (54)

* Must be from approved university lists

** Must be from two areas

*** Must be from approved departmental lists

TOTAL HOURS: _____ (128)

Program Form: 10KY0494BS (Athletic Training_[SB1])

Name _____

UIN _____

<u>University General Education Courses *</u>			
	Hours	Grade	Sem.
Composition I			
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
Foreign Language			
(1) _____	_____	_____	_____
Quantitative Reasoning I			
(1) _____	_____	_____	_____
Quantitative Reasoning II			
(1) _____	_____	_____	_____
Humanities & Arts **			
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
Behavioral & Soc. Sci.			
(1) PSYCH 100 or 103	4	_____	_____
Natural Sciences			
<i>phys. sci.</i> (1) _____	_____	_____	_____
(2) MCB 103/104	4	_____	_____
Cultural Studies			
<i>(if not taken above)</i>			
<i>Western</i> (1) _____	_____	_____	_____
<i>Non-west</i> (2) _____	_____	_____	_____
TOTAL COURSES:	_____	(12)	
TOTAL HOURS:	_____	(~39)	

<u>Kinesiology Core Requirements</u>			
	Hours	Grade	Sem.
(1) KIN 125	1	_____	_____
(2) KIN 130	1	_____	_____
(3) KIN 13_	1	_____	_____
(4) KIN 13_	1	_____	_____
(5) KIN 140	3	_____	_____
(6) KIN 150	3	_____	_____
(7) KIN 240	3	_____	_____
(8) KIN 257	3	_____	_____
(9) KIN 262	3	_____	_____
(10) KIN 352	3	_____	_____
(11) KIN 355	3	_____	_____
TOTAL HOURS:	_____	(25)	

<u>Elective Kinesiology Courses #</u>			
	Hours	Grade	Sem.
BIO (1) KIN 221	3	_____	_____
CCS (2) KIN 401	3	_____	_____
SSPA (3) KIN 247*	3	_____	_____
(4) KIN 222	3	_____	_____
(5) KIN 320	3	_____	_____
(6) KIN 325 _[SB2]	3	_____	_____
TOTAL HOURS:	_____	(18)	

* if KINES 247 is not taken, PSYCH 238 or 216 should be taken as supporting course work

<u>Departmental General Education Courses ***</u>			
	Hours	Grade	Sem.
Mathematics			
<i>(if not taken above)</i>			
(1) _____	_____	_____	_____
Computer Skills			
<i>(if not taken above)</i>			
(1) _____	_____	_____	_____
Anatomy			
(1) MCB 334	5	_____	_____
TOTAL COURSES:	_____	(1-4)	
TOTAL HOURS:	_____	(~5-13)	

<u>Correlate Area Courses</u>			
	Hours	Grade	Sem.
(1) KIN 120	2	_____	_____
(2) KIN 181	2	_____	_____
(3) KIN 220	3	_____	_____
(4) FSHN 120	3	_____	_____
(5) CHLH 100	3	_____	_____
(6) KIN 182	2	_____	_____
(7) KIN 281	2	_____	_____
(8) KIN 282	2	_____	_____
(9) KIN 381	2	_____	_____
(10) KIN 382	2	_____	_____
(11) KIN 384	2	_____	_____
(12) KIN 481	3	_____	_____
TOTAL HOURS:	_____	(32)	

<u>Supporting Course Work***</u>			
<i>(as needed to bring total from the above 2 areas to 54 hours)</i>			
	Hours	Grade	Sem.
* (1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
(4) _____	_____	_____	_____
(5) _____	_____	_____	_____
TOTAL COURSES:	_____		
TOTAL HOURS:	_____		

* if KIN 247 is not taken, PSYC 238 or 216 should be taken as supporting course work

<u>Free Elective Courses</u>			
	Hours	Grade	Sem.
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
(4) _____	_____	_____	_____
(5) _____	_____	_____	_____
TOTAL HOURS:	_____		

TOTAL HOURS: _____ (54)

* Must be from approved university lists

** Must be from two areas

*** Must be from approved departmental lists

TOTAL HOURS: _____ (128)

Program Form: 10KY4049BS (Teacher Certification)

Name _____

UIN _____

<u>University General Education Courses</u>			
	Hours	Grade	Sem.
Composition I			
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
Foreign Language			
(1) _____	_____	_____	_____
Quantitative Reasoning I			
(1) _____	_____	_____	_____
Quantitative Reasoning II			
(1) _____	_____	_____	_____
Humanities & Arts			
(1) _____	_____	_____	_____
W(2) _____	_____	_____	_____
NW(3) _____	_____	_____	_____
Behavioral & Soc. Sci.			
(1) Psych 100 or 103	4	_____	_____
Natural Sciences			
<i>phys. sci.</i> (1) _____	_____	_____	_____
(2) MCB 103/104	4	_____	_____
TOTAL COURSES:	_____	(14)	
TOTAL HOURS:	_____	(~42)	

<u>Departmental General Education Courses</u>			
	Hours	Grade	Sem.
Mathematics*			
(if not taken above)			
(1) _____	_____	_____	_____
<i>Possibly</i> (2) _____	_____	_____	_____
Computer Skills*			
(if not taken above)			
(1) _____	_____	_____	_____
Anatomy			
(1) MCB 334	5	_____	_____
TOTAL COURSES:	_____	(1-4)	
TOTAL HOURS:	_____	(~5-13)	

<u>Supporting Course Work ***</u>			
(as needed to bring total from the above 2 areas to 54 hours)			
	Hours	Grade	Sem.
(1) _____	_____	_____	_____
(2) _____	_____	_____	_____
(3) _____	_____	_____	_____
(4) _____	_____	_____	_____
(5) _____	_____	_____	_____
TOTAL COURSES:	_____		
TOTAL HOURS:	_____		

<u>Kinesiology Core Requirements</u>			
	Hours	Grade	Sem.
(1) KIN 125	1	_____	_____
(2) KIN 130	1	_____	_____
(3) KIN 131	1	_____	_____
(4) KIN 133	1	_____	_____
(5) KIN 135	1	_____	_____
(6) KIN 132,134 or 136	1	_____	_____
(7) KIN 132,134 or 136	1	_____	_____
(8) KIN 140	3	_____	_____
(9) KIN 150	3	_____	_____
(10) KIN 240	3	_____	_____
(11) KIN 352	3	_____	_____
(12) KIN 355	3	_____	_____
(13) KIN 257	3	_____	_____
(14) KIN 262	3	_____	_____
TOTAL HOURS:	_____	(28)	

<u>Elective Kinesiology Courses #</u>			
	Hours	Grade	Sem.
CCS (1) KIN 360	3	_____	_____
BIO or SSPA (2) KIN 401	3	_____	_____
BIO or SSPA (3) KIN 362	3	_____	_____
(4) KIN 361	3	_____	_____
(5) KIN 460	3	_____	_____
(6) KIN 363	3	_____	_____
(7) KIN 364	3	_____	_____
** (8) KIN 4__	3	_____	_____
TOTAL HOURS	_____	(24)	

<u>Correlate Area Courses</u>			
	Hours	Grade	Sem.
(1) CI 473	1	_____	_____
(2) E P S 201	3	_____	_____
(3) EPSY 201	3	_____	_____
(4) EDPR 438	8	_____	_____
(5) EDPR 442	8	_____	_____
TOTAL HOURS:	_____	(23)	

*Courses must be from the approved departmental list.

** Choose one course from the following list:

Kin 494: Qualitative Research in Education

Kin 494: Research on Teaching

Kin 494: Research on Curriculum

Kin 320: Advanced Assessment of Athletic Injuries I

Kin 325: Advanced Assessment of Athletic Injuries II

TOTAL HOURS: _____ (54)

This Handbook was designed specifically for undergraduate students in the Kinesiology Program.

As you pursue the degree of Bachelor of Science in Kinesiology, the information contained in this Handbook should serve as a guide toward a successful experience at the University of Illinois at Urbana-Champaign.

Your education here will in many ways depend on the initiative you show and the effort you put forth. The University of Illinois at Urbana-Champaign has more to offer than any student can consume -- socially, culturally, recreationally and academically. You will have guidance available as you make the many choices presented to you. The choices, however, are yours and will determine the education you receive and the personal growth you experience.