

# KINESIOLOGY

The study of movement, physical activity, exercise, and athletics has the potential to dramatically impact health and quality of life. Department programs focus on the scientific study of movement behavior, anatomy and physiology, research in kinesiology and fundamentals of exercise, and their application to health, physical education, and functional performance. The department's ultimate goal is to enhance human health, productivity, and quality of life.

The BS degree in Kinesiology (<https://guide.wisc.edu/undergraduate/education/kinesiology/kinesiology-bs/>) prepares students for graduate or professional study, and the BS degree in Physical Education (<https://guide.wisc.edu/undergraduate/education/kinesiology/physical-education-bs/>) prepares teacher education students to teach physical education in elementary and secondary schools. Students in PE can choose to add a minor in Adapted Physical Education (<https://guide.wisc.edu/undergraduate/education/kinesiology/adapted-physical-education-minor/>) and/or a minor in Health Education (<https://guide.wisc.edu/undergraduate/education/kinesiology/health-education-minor/>).

A collaborative BS degree program in Health Promotion and Health Equity (<https://guide.wisc.edu/undergraduate/education/kinesiology/health-promotion-health-equity-bs/>) is broadly designed to provide students with the skills and perspectives to facilitate healthy practices at the individual and societal levels.

Two certificates in Athletic Healthcare (<https://guide.wisc.edu/undergraduate/education/kinesiology/athletic-healthcare-certificate/>) and Promoting Activity for Diverse Abilities (<https://guide.wisc.edu/undergraduate/education/kinesiology/promoting-activity-diverse-abilities-certificate/>) may be completed by students pursuing kinesiology and other majors on campus.

The department also offers health theory, strength and conditioning, and leadership courses to improve understanding, appreciation, and use of the body in movement and sports. Once the kinesiology students have enrolled, kinesiology classes are open to all university students.