

Athletic Training Retention Requirements

In order to successfully progress in the Athletic Training education program students must meet the following retention requirements:

1. Maintain a minimum overall grade point average of 2.5.
2. Maintain a minimum grade point average of 3.0 in all athletic training core courses.
3. Receive “satisfactory” grade for all clinical experiences.
4. Adhere to the University of Michigan Athletic Training Education Program policies and procedures.
5. Continue to meet the University of Michigan Athletic Training Program Technical Standards for Admission.

Applied Exercise Science Major (Health and Fitness)

Overview

Note: Effective Fall 2019, the School of Kinesiology will no longer offer the Health and Fitness undergraduate major for new students. All current students pursuing the Health and Fitness major will be able to complete their degree(s). Please consult the **Bulletin** and/or **Record Sheet** (refer to the **HF Record Sheet** from the appropriate year for detailed requirements and procedures) on the **Policies and Procedures** page of the Kinesiology website (<http://www.kines.umich.edu/student-life/policies-procedures>). Search for “Applied Exercise Science” and the HF documents will also appear.

The Applied Exercise Science (AES) program provides a science-based curriculum, focusing on physical activity across the lifespan. Our program prepares students for careers and advanced learning in health promotion, while addressing the health and wellness need for people of all ages and abilities.

The Applied Exercise Science major offers students the knowledge and skills required for successfully entering the growing field of Applied Exercise Science. Physical activity/inactivity and obesity have become a national focus. The School of Kinesiology has adapted to better accommodate this trend in physical awareness by providing knowledge of activity across the lifespan. Students majoring in Applied Exercise Science learn how to communicate to members of the public of varying ages, abilities, and backgrounds, behaviors that can prevent diseases, injuries, and other health problems by encouraging healthy lifestyles and wellness. The Applied Exercise Science curriculum includes courses required for American College of Sports Medicine (ACSM) Certifications as well as business and legal courses necessary for those wishing to establish new businesses or work in corporate settings.

Students who complete the Applied Exercise Science program will receive a Bachelor of Science (B.S.) degree. Students should consult the Applied Exercise Science Program Chair and Advisor within Kinesiology for further information about Applied Exercise Science Program requirements, admissions procedures, and application deadlines.

The Kinesiology Office of Undergraduate Student Affairs and the Applied Exercise Science Program Chair are the two main sources of information and support for Applied Exercise Science students.

Requirements

- Complete MATH 105 with a grade of C or higher (MATH 115 with a C- or higher will also be accepted)
- Complete AES/AT 220 & 221 with a grade of C or higher
- Have a Cumulative GPA of 2.5 or higher

Incoming AES freshmen must complete MATH 105 at the University of Michigan; the course cannot be transferred. AP credit for MATH 115 will be accepted.

Students who receive the Calculus Definite Math Placement recommendation are not required to take MATH 105.

Kinesiology students who wish to graduate in Applied Exercise Science must complete an academic plan of study (shown below).

No online courses will be accepted for transfer/petition for any required courses.

- **AES 218** – Emergency Response (3 cr.) Cannot be transferred.
- **AES 220** – Applied Human Anatomy and Physiology (3 cr.) (NS) –*Must be taken concurrently with AES 221. Cannot be transferred.*
- **AES 221** – Applied Human Anatomy and Physiology Lab (1 cr.) (NS) –*Must be taken concurrently with AES220. Cannot be transferred.*
- **AES 100** – Introduction to Applied Exercise Science (2 cr.)
- **AES 290** – Field Experience in Applied Exercise Science (1-4 cr.)
- **MVS 230** – Human Musculoskeletal Anatomy (3 cr.)
- **MVS 231** – Human Musculoskeletal Anatomy Lab (1 cr.)
- **AES 242** – Essentials of Exercise Physiology (3 cr.) (AES Prereqs: AT/AES 220, 221; C or better)
- **AES 313** – Exercise Physiology (3 cr.) (NS)
- **AES 315** – Exercise Prescription & Testing (3 cr.) Cannot be transferred. (Prereq: AES 218), AES 242 is recommended
- **AES 331** – Biomechanics of Sport & Exercise (3 cr.) (Prereqs: (MATH 105 and AT/AES 220, 221 (C or better) and AES 251) SM217/MVS219 is recommended
- **AES 332** – Principles of Motor Behavior (3 cr.) (Prereqs: AT/AES 220, 221; C or better)

- **AES 403** - Internship (3 cr.) (Prereqs: Permission, AES 218, SM 217, AES 315, Junior standing, 2.5 GPA)
- **SM 101** - Public and Small Group Communication (3 cr.) (HU)
- **SM 217/MVS 219** – Business Communications (3 cr.) (HU)
- **AES 451** – – Physical Activity Across the Lifespan (3 cr.) (Prereqs: MOVESCI 340 or AES 242 and MOVESCI 219 or SM 217)
- **MOVESCI 110** – Biological and Behavioral Bases of Human Movement (3 cr.)

One of the following courses:

- **MOVESCI/AES/KINESLGY 446** - Social Factors in PA Behavior (3 cr.) (Prereqs: MOVESCI 219 or SM 217 and MOVESCI 340 or PHYSED/AES 242)

AND

- **AES 416** – Environmental and Policy Approaches to Increasing Physical Activity (Prereq: Senior standing)

Requirements Outside of Kinesiology

- **FYWR** - (4 cr.) Must achieve a C or better.
- **MATH 105** - Data, Functions, and Graphs (4 cr.) (NS) Cannot be transferred.
- **PSYCH 111 or 112** - Introduction to Psychology (4 cr.) (SS or NS)
- **MVS 250 or STATS 250 or STATS 280 or SOC 210** - Introduction to Statistics (3 or 4 cr.)

Distribution Requirements

Students must complete the Distribution Requirement of a minimum of 12 credits in Natural Science, Humanities, and Social Science. To see which required courses count toward distribution, students should refer to the **AES Record Sheet** on the **Policies and Procedures** page (<http://www.kines.umich.edu/student-life/policies-procedures>) of the Kinesiology website. For general distribution information, see the LSA course guide.

Internship Requirements

Students must complete an approved internship in the field of Applied Exercise Science to earn their degree. To be eligible for the internship you must have junior standing, have a cumulative GPA of 2.5 or higher, completed AES 315 Exercise Prescription, AES 218, and SM 217 (if you have MVS 219 instead of SM 217 you must attend an Internship Preparation Seminar). **AES 403 Internship Policy Guidelines** can be found on the **Policies and Procedures** page of the Kinesiology website (<http://www.kines.umich.edu/student-life/policies-procedures>). Students may repeat the internship for credit if content and summary of work differs. Internships can be either paid or unpaid.

Study Abroad

Credit from Kinesiology-sponsored and non-Kinesiology-sponsored study abroad programs can be used as general credit toward graduation and to fulfill Distribution requirements. With prior approval by the AES Faculty Committee, students can use study abroad credit to fulfill certain AES requirements. For additional information, please see the Global Engagement Coordinator.

Cross Campus Transfer Requirements

Students can only transfer in 12 AES (36 credits) required courses from outside universities. This does not include approved study abroad courses. Prior program petitions will be considered on a case by case basis.[HS1]

Sophomore – Cumulative GPA of 3.0 and completion of the following:

- MATH 105
- MOVESCI 110
- AES/AT 220, AES/AT 221 (Winter only)

Junior – Cumulative GPA of 3.0 and completion of the following:

- MATH 105
- MOVESCI 110
- AES/AT 220, AES/AT 221 (Winter only)
- AES 313 Analytics (Winter only)
- AES 332 (Winter only)
- AES 242 (Fall only)

Seniors need to petition AES faculty to begin program. Petitions will be considered on a case by case basis.

Movement Science Major

The Movement Science (MOVESCI) major strives to fully develop the intellectual abilities of each student during their learning experiences in the School of Kinesiology. The program emphasizes the study of human movement from biological and behavioral perspectives across the lifespan. The Movement Science Department achieves their mission by offering a diversified program that includes introductory and advanced course work, research, and laboratory experiences. Success is evaluated by the academic and professional placement of graduates.

Overview

The Movement Science major comprises coursework that emphasizes the causes and consequences of human movement from biomechanical, motor control, and development and