

KINESIOLOGY AND HEALTH



**Athletic
Training**



**Health
Promotion**



Kinesiology



Nutrition



Sport Studies

Miami University
Department of Kinesiology and Health
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The Department of Kinesiology and Health advances the understanding of health, physical activity, and related cultural practices to improve life quality and promote healthful, active living.

In addition to required coursework in specific majors, undergraduates are encouraged to engage in research, clinical experiences, service projects, internships, and other educational activities to gain critical knowledge and skill proficiencies in the disciplines that comprise kinesiology and health. This learning occurs in the classroom as well as in laboratories, schools, sport organizations, hospitals, and sports medicine clinics. Students can participate in health and fitness programs such as obesity prevention, diabetes intervention, physical rehabilitation, or community health education, as well as intern in coaching education and recreational to professional sport agencies.

KNH Departmental Advisor

Jennifer Edwards
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Your Banner ID number is required (+0...)
E-mail to schedule an appointment
Walk-ins welcome

GLOBAL MIAMI PLAN FOR LIBERAL EDUCATION

The Global Miami Plan for Liberal Education is a University requirement for graduation. The course-work emphasizes four basic goals: Thinking Critically, Understanding Contexts, Engaging with Other Learners, and Reflecting and Acting. See the Miami Bulletin for more details.

Global Miami Plan Requirements consists of three parts: Foundation Courses, a Thematic Sequence and a SENIOR Capstone Course.	KNH Department SUGGESTIONS, DEPENDING UPON YOUR MAJOR see your Academic Advisor
I: English Composition (6 hrs minimum)	ENG 111 (3) & ENG 112 (3)
II: Fine Arts, Humanities, & Social Science	<i>See below</i>
IIA. Fine Arts (3 hrs minimum)	Choice
IIB. Humanities (3 hrs minimum)	Sport Studies: KNH 292 option All other majors: Choice
IIC. Social Science (3 hrs min) <i>Several KNH major requirements and choices fulfill this category. See examples:</i>	Athletic Training: KNH 188, 242 & EDP 201 OR PSY 111 Health Promotion: KNH 206, 242 Kinesiology: KNH 188, 276, PSY 111 Nutrition: EDP 101 OR PSY 111 Sport Studies: KNH 188, 242, 276, 279, 292
III: Global Perspectives (6 to 9 hrs)	Choice
IV: Natural Science (9 hrs including 1 Lab)	<i>See below</i>
IVA. Biological Science (3 hrs min)	Athletic Training & Kinesiology: REQUIRES ZOO 161 Health Promotion REQUIRES MBI 131 Nutrition: REQUIRES MBI 111 & ZOO 161 Sport Studies: REQUIRES ZOO 161
IVB. Physical Science (3 hrs min)	Athletic Training: SUGGESTS CHM 141, 144, PHY 141, 181, 183 Kinesiology: REQUIRES CHM 141, 144, PHY 171, 173 Nutrition: REQUIRES CHM 141, 144 Health Promotion & Sport Studies: Choice
V: Math, Formal Reasoning, and Technology (3 hrs minimum)	Athletic Training, Health Promotion, Kinesiology & Nutrition: REQUIRES STA 261 Sport Studies: Choice
Thematic Sequence (usually 9 hrs)	Taken outside the department of your major, declare in accepting department. Second major or minor OUTSIDE the department of major can qualify as a Thematic Sequence. See your advisor.
SENIOR Capstone (3) {96+ hrs earned}	KNH 402 (Recommended)

Cultures and Historical requirements – All students must also take Foundation courses that represent a Cultures (Cul) and a Historical (H) perspective requirement.

DEPARTMENT OF KINESIOLOGY & HEALTH

Phillips Hall

Undergraduate Programs

Miami's KNH Department offers five majors and two minors. Our programs are highly regarded by employers, professional schools, and other academic institutions and our graduates go on to rewarding careers.

Athletic Training: This major will prepare educated professional athletic trainers through academic and clinical education in which students develop competency and proficiency of entry-level skills for successful completion of the Board of Certification examination and eventual employment placement in the Athletic Training Profession.

Health Promotion: The health promotion curriculum is cross-disciplinary in nature. Students completing this major will be able to facilitate individual health behavior maintenance and/or change as well as plan, implement, and evaluate programs for diverse groups of people.

Kinesiology: The Kinesiology major is designed to give breadth and depth of knowledge in the physiological and psychological functioning of human beings under a variety of environmental and activity conditions.

Nutrition: Students majoring in nutrition study people's nutritional needs and care. All students in the major complete the Nutrition Foundation and choose their career path by selecting a concentration, either the **Community Nutrition** for the non-RD student or the **Dietetics Concentration** for those students planning on becoming a registered dietitian. To become a registered dietitian, dietetic graduates must complete a clinical experience and pass a professional examination.

Sport Studies: This major allows students who have a keen interest in sport to study it from a cross-disciplinary perspective, and prepare to critically engage in the provision and practice of sport.

We also offer minors in Coaching and Nutrition.

ATHLETIC TRAINING

The Athletic Training major at Miami University leads to the Bachelor of Science in Athletic Training degree and is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students who successfully complete this Athletic Training Education Program will be qualified and eligible to take the Board of Certification examination.

The mission of the Athletic Training Education Program at Miami University is to prepare educated professional athletic trainers through academic and clinical education in which students develop competency and proficiency of entry-level skills for successful completion of the Board of Certification examination and eventual employment placement in the Athletic Training Profession.

Students will develop skills in prevention, clinical evaluation, immediate care, rehabilitation, and administration. Areas of study include anatomy, biomechanics, and therapeutic exercise and modalities. In addition to the formal course requirements, clinical experiences under the direct supervision of a Certified Athletic Trainer (ATC) are required to successfully fulfill the program requirements and to attain competency and proficiency of the required skills. Assistance is available to all students admitted into the program in finding placements to complete the clinical requirement. This requirement will be attained through scheduled clinical experiences with assigned clinical instructors. These shall include sport practices, and competitions with Miami University Intercollegiate Athletics, local high schools, clinics, and other affiliated clinical sites.

CAREER OPPORTUNITIES

- Professional Sports
- Colleges and Universities
- Secondary Schools

In addition to the above traditional practices of Athletic Trainers, there are emerging opportunities in the profession:

- Industrial/Occupational - Athletic Trainers develop and manage programs designed to keep employees working at full capacity, improving company productivity and even help reduce health care and insurance costs.
- Military - employed by the various Armed Forces to assist in the health and welfare of both active duty soldiers and their dependents.
- Performing Arts - Performing Arts Athletic Trainers provide specialized injury prevention and rehabilitative care to dancers, actors, musicians and vocalists.
- Physician Extender - provide value to the practice through skills in triage, taking patient histories, performing evaluations, providing instruction on exercise prescriptions, rehabilitation and general patient education.

Visit the National Athletic Trainers' Association website at www.NATA.org for more information.

ATHLETIC TRAINING PROGRAM ADMISSION REQUIREMENTS

To enter the athletic training major, students must apply to and be accepted by the faculty of the Athletic Training Education Program (ATEP). Admission to the ATEP is limited due to accreditation enrollment restrictions. The pre-professional phase of the program occurs for two semesters during which time the student will be rotated through clinical experiences in Intercollegiate Athletics. They will observe and assist the staff Athletic Trainers and athletic training students in a variety of athletic training facilities with several different teams and athletes. All pre-professional athletic training students are required to complete an application to the program during their second semester. The following criteria must be met to be considered for admission:

- Documentation of signed Technical Standards in Athletic Training.
- Completion of at least 24 total credit hours including a minimum of 12 Miami Plan hours.
- Minimum grade point average of 2.5 in Miami Plan and required courses.
- Have completed KNH 182, KNH 183, KNH 183.L, and KNH 188.
- Minimum grade of "B" in KNH 182, KNH 183, and KNH 183.L.
- Have successful evaluations from the supervising athletic trainers.
- Documented annual health history/physical examination (dated no earlier than 1/1 of application year).
- Documented Hepatitis B vaccine series (or waiver).
- Successful writing sample.
- Interview with Athletic Training Education Program Director.
- Completed admission application and supplemental materials.

Acceptance to the program is very competitive. Completion of the above items does not guarantee admission to the program. Upon acceptance to the program, you will be assigned to clinical sites at Miami University and designated affiliate clinical sites and be required to attend your clinical assignments on a daily basis (practices and events; mornings, afternoons, or evenings, and weekends) as per that particular clinical site. Your academic schedule will be the only limiting factor to your clinical assignments. Please note that employment and academic/athletic scholarship requirements will not waive your clinical obligations. Students are responsible for expenses of the above and transportation to and from all clinical agencies.

To retain enrollment in the Academic Program, Athletic Training students must maintain a 2.50 or better cumulative grade point average for all coursework and show satisfactory completion of appropriate clinical proficiencies.

Exploring KNH Matrix: Take a minimum of nine (9) KNH credit hours OUTSIDE of the student's major at multiple course levels. Excludes: KNH 110, 112, 116, 120, 130, 140, 150, 171, 402				
Concentrations	100 level	200 level	300 level	400 level
Athletic Training				
Health Promotion				
Kinesiology				
Nutrition				
Sport Studies				

Athletic Training Major Requirements (60–61 semester hours):

- KNH 102 Fundamentals of Nutrition (3)
- KNH 182 Introduction to Athletic Training (2) *[Fall Semester]*
- KNH 183 & KNH 183.L Foundations of Athletic Training (3) & Lab (1) *[Spring Semester]*
- KNH 188 Physical Activity & Health (3) (GMPF IIC)
- KNH 242 Personal Health (3) (GMPF IIC)
- KNH 244 & KNH 244.L Functional Anatomy (3) & Lab (1)
- KNH 285 & KNH 285.L Eval. & Assess. of Athletic Injuries to the Head, Neck, & Torso (2) & Lab (1) *[Fall Semester]*
- KNH 286.A – KNH 286.F Practicum in Athletic Training I – VI (1 each)
A, C, E *[Fall Semester]* and B, D, F *[Spring Semester]*
- KNH 287 & KNH 287.L Eval. & Assess. of Athletic Injuries to the Extremities (2) & Lab (1) *[Spring Semester]*
- KNH 288 Therapeutic Modalities (3) *[Fall Semester]*
- KNH 289 Therapeutic Exercise (3) *[Spring Semester]*
- KNH 381 & KNH 381.L Biodynamics of Human Performance (3) & Lab (1)
- KNH 383 Operational & Administrative Aspects of Athletic Training (2) *[*Fall Semester]*
- KNH 468 & KNH 468.L Physiology & Biophysics of Human Activity (3) & Lab (1)
- KNH 484 Sports Injury Pathology & Emergency Procedures (2) *[*Spring Semester]*
- KNH 420.A Athletic Training Field Experience (1-4) {Elective}
- PSY 111 Introduction to Psychology (4) (GMPF IIC)
 - **OR** EDP 201 Human Development & Learning in Educational Settings (3) (GMPF IIC)
- STA 261 Statistics (4) (GMPF V)
- ZOO 161 Principles of Human Physiology (4) (GMPF IVA)

ELECTIVES: Student has potential elective credit hours dependent upon Global Miami Plan selections. Consult your academic advisor for elective course suggestions depending upon your career interests.

***NOTICE:** Beginning Fall of 2011, KNH 383 will be offered Fall Semester only in odd numbered calendar years. KNH 484 will be offered Spring Semester only in odd numbered calendar years, beginning Spring 2013.

HEALTH PROMOTION

The Health Promotion major at Miami University leads to the Bachelor of Science in Kinesiology and Health degree. Health promotion encourages individuals and groups of people to improve and/or maintain their health status. Health promotion focuses on health, not disease – although each are discussed in light of the other in order to generate critical thinking, reasoning, and other basic principles of liberal education and lifelong learning. Using key frameworks like the Ecological Model and the PRECEDE-PROCEED Model, our students understand their role in social systems and communities, both local and global, and generate an appreciation for the role that environments and health behaviors play in the quality of life of human beings across the lifespan.

CAREER OPPORTUNITIES

- City and County Health Departments
- Employee Health & Wellness
- Government
- Health Coach
- Health Educator
- Health Promoter in schools
- Hospital Wellness Programs
- Private Health Organizations
- Public Health Organizations
- University Wellness Program Coordinator

Exploring KNH Matrix: Take a minimum of nine (9) KNH credit hours OUTSIDE of the student's major at multiple course levels. Excludes: KNH 110, 112, 116, 120, 130, 140, 150, 171, 402				
Concentrations	100 level	200 level	300 level	400 level
Athletic Training				
Health Promotion				
Kinesiology				
Nutrition				
Sport Studies				

Health Promotion Major Requirements: Take All (21 semester hours)

- KNH 205 Understanding Drugs for the Health Promotion Professional (3)
- KNH 206 AIDS: Etiology, Prevalence and Prevention (3) (GMPF IIC)
- KNH 242 Personal Health (3) (GMPF IIC)
- KNH 362 Health Promotion Foundations (3) {pre-req KNH 242}
- KNH 462 Health Promotion Program Planning and Evaluation (3)
- MBI 131 Community Health Perspectives (2) (GMPF IVA)
- STA 261 Statistics (4) (GMPF V)

Select FOUR courses from the following list: (10-19 semester hours)

- FSW 261 Diverse Family Systems Across the Life Cycle (3) (GMPF IIC)
- KNH 243 Women's Health Care (3)
- KNH 329 Psychological Perspectives on Health (3)
- KNH 385 Contemporary Issues in Men's Health (3)
- KNH 386 Health Promotion for Minority Populations (3)
- KNH 415 Health Education for Children and Youth (3)
- KNH 420 Internship (3-8)
- KNH 432 Nutrition Across the Lifespan (3)
- KNH 453 KNH Seminar (1-4)
- KNH 473 Children and Youth in Sport (3)
- NSG 441 Health and Aging: Current Perspectives and Issues (3)
- PSY 231 Developmental Psychology (3) (GMPT PSY2*)
- PSY 332 Child Development (3) (GMPT PSY2*)
 - OR** FSW 281 Child Development in Diverse Families (4)
- PSY 333 Adolescent Development (3) (GMPT PSY2*)
 - OR** FSW 481 Adolescent Development in Diverse Families (3)
- PSY 334 Adulthood and Aging (3) (GMPT PSY2*)
- ZOO 161 Human Physiology (4) (GMPF IVA)

(GMPT PSY 2) Students using PSY 2 Thematic Sequence must declare so in the Psychology Department.*

ELECTIVES: Student has potential elective credit hours dependent upon Global Miami Plan selections. Consult your academic advisor for elective course suggestions depending upon your career interests.

KINESIOLOGY

The Kinesiology major at Miami University leads to the Bachelor of Science in Kinesiology and Health degree. This major is for students interested in the scientific aspects of human movement. Kinesiology focuses on the acquisition of knowledge and understanding of interactions of physiological, anatomical, neuropsychological, and biomechanical factors that affect human health and performance. Skills learned in the classroom, laboratory and internships include assessing and developing effective strategies for enhancing health, improving performance, preventing diseases related to sedentary behavior and promoting the recovery of health in rehabilitation settings. State-of-the-art laboratories complement the classroom and foster critical thinking, reasoning, and other basic principles of liberal education, instrumental in careers in and outside of Kinesiology.

CAREER OPPORTUNITIES

Allied Health Professional
Coaching

Health & Fitness
Personal Trainer

Sport Fitness
Strength & Conditioning

Planning for Physical Therapy, Allied Health Professions, and Medicine

If you are interested in any one of the following areas, you will need to take additional classes.

SCHOOL TYPE	TYPICALLY REQUIRED COURSES: Please consult the Mallory-Wilson website for the exact prerequisites required: http://www.cas.muohio.edu/mwche Check for the specific requirements of schools you are interested in attending, as they may differ from the suggested courses listed below and on the Mallory-Wilson website.
Chiropractic	2 semesters of physics, 2 semesters of organic chemistry, 2 semesters of biology with labs
Medical	2 semesters of physics, 2 semesters of organic chemistry, 2 semesters of biology and 2 semesters of calculus
Nursing	2 semesters of biology with labs
Occupational Therapy	2 semesters of biology with labs, three semesters of psychology
Physical Therapy	2 semesters of physics, 2 semesters of biology, 1 semester of human anatomy
Physician's Assistant	2 semesters of organic chemistry, 1 semester of microbiology and 1 semester of math

Pre-Professional Advisors:

Physical / Occupational Therapy

Dr. Helaine Alessio & Dr. William Berg, Department of Kinesiology and Health

Medical / Dental / Physician Assistant

Robert Balfour, Department of Zoology

Chiropractic

Dr. Dean Smith, Department of Kinesiology and Health

Exploring KNH Matrix: Take a minimum of nine (9) KNH credit hours OUTSIDE of the student's major at multiple course levels. Excludes: KNH 110, 112, 116, 120, 130, 140, 150, 171, 402. Kinesiology also excludes the Engagement courses of KNH 177, 277, 377, 477, 420 and 340U.				
Concentrations	100 level	200 level	300 level	400 level
Athletic Training				
Health Promotion				
Kinesiology				
Nutrition				
Sport Studies				

Kinesiology Major Requirements Within KNH: Take All (30-33 semester hours)

- KNH 184 Motor Skill Learning and Performance (3)
- KNH 184.L Motor Skill Learning and Performance Lab (1)
- KNH 188 Physical Activity & Health (3) (GMPF IIC)
- KNH 244 Functional Anatomy (3)
- KNH 244.L Functional Anatomy Laboratory (1)
- KNH 381 Biodynamics of Human Performance (3)
- KNH 381.L Biodynamics of Human Performance Laboratory (1)
- KNH 382 Fitness Assessment and Exercise Prescription (4)
- KNH 468 Physiology and Biophysics of Human Activity (3)
- KNH 468.L Physiology and Biophysics of Human Activity Laboratory (1)
- Engagement (1 hour): This requirement can be met by taking a minimum of 1 credit hour of KNH 177, 277, 377, 477, 420, 453, or Summer Scholars KNH 340U. These courses must be taken for a grade to be counted toward fulfillment of this major requirement.
- Related Courses in Kinesiology Area (6 hours): Select from KNH 102, 274, 276, 288, 289, 329, 375, 378, 409, 482, 484 and are not used in the Exploring KNH Matrix.

Kinesiology Major Requirements Outside KNH: Take All (26-27 semester hours)

- CHM 141 College Chemistry (3) (GMPF IVB) **OR** CHM 141R College Chemistry (4) **and**
- CHM 144 College Chemistry Laboratory (2) (GMPF IVB)
- CHM 142 College Chemistry (3) **and**
- CHM 145 College Chemistry Laboratory (2)
- PHY 171 College Physics (3) **and** *[Fall Semester]*
- PHY 173 College Physics Laboratory (1) (GMPF IV B) *[Fall Semester]*
- PSY 111 Introduction to Psychology (4) (GMPF IIC)
- STA 261 Statistics (4) (GMPF V)
- ZOO 161 Human Physiology (4) (GMPF IVA)

ELECTIVES: Student has potential elective credit hours dependent upon Global Miami Plan selections. Consult your academic advisor for suggestions depending upon your career interests.

NUTRITION

The Nutrition major at Miami University leads to the Bachelor of Science in Kinesiology and Health degree. Nutrition, an area of health science, studies human metabolism as it relates to nutrition. An interdisciplinary curriculum with courses in nutrition, food science, food systems management, lifestyle and health, with supporting courses in chemistry, social science and management is provided by this major. Students in this major must complete one of two concentrations, Community Nutrition or Dietetics, which fulfills the CADE (Commission on Accreditation for Dietetics Education) accredited Didactic Dietetics Program requirements.

The Nutrition major, with a Community Nutrition concentration, allows the student to complement a foundation of nutrition, chemistry, behavior, physiology, microbiology, and statistics with course selections based on career interest. A graduate, completing this major, may choose from career opportunities in business, industry, education, or research, including medical and pharmaceutical sales, product development and marketing, and food-related businesses. This major may also be appropriate for students planning to pursue careers in health care, corporate wellness, food systems management, government food/nutrition program administration, public policy, and other allied health professions.

The Nutrition major, with a Dietetics concentration, is accredited by CADE of the American Dietetic Association (ADA). This fulfills the didactic portion of the requirements to become a registered dietitian and a professional member of the ADA. To become a registered dietitian one must complete an ADA approved clinical internship following graduation* and pass the ADA registration exam. Dietitians are professionally prepared to perform nutritional assessment, counseling, and education as components of preventive, curative, or restorative health.

*Acceptance rate of clinical experiences dependent upon student performance and other experiences.

CAREER OPPORTUNITIES

If you are interested in any one of the following areas, we suggest the following courses:

CAREER AREA	SUGGESTED COMBINATION OF COURSEWORK
Corporate Wellness	COM 136, 231; ESP 201; KNH 203, 409; MGT 111, 291
Food Product Development OR Food Science	ECO 201, 202; ESP 201; KNH 104, 203, 242, 303, 404; MGT 111, 291
Media & Communications	COM 136, 231; ECO 201, 332; ESP 201; KNH 203, 242; MBI 131; MGT 111, 291; PSY 231
Pharmaceuticals	KNH 203, 242, 409, 432, 482; MGT 111, 291; PSY 231
Restaurant Owner	ECO 201, 202; KNH 104, 203, 242, 303, 404, 432; MGT 111, 291, 303

Exploring KNH Matrix: Take a minimum of nine (9) KNH credit hours OUTSIDE of the student's major at multiple course levels. Excludes: KNH 110, 112, 116, 120, 130, 140, 150, 171, 402				
Majors	100 level	200 level	300 level	400 level
Athletic Training				
Health Promotion				
Kinesiology				
Nutrition				
Sport Studies				

NUTRITION MAJOR REQUIREMENTS: (54-75 semester hours)

The Nutrition Major must complete all requirements in the Nutrition Foundation **PLUS** choose a concentration in either Community Nutrition or Dietetics. The Dietetics Concentration is for students interested in becoming a Registered Dietitian and a professional member of the American Dietetic Association (ADA).

Nutrition Foundation: Take All (43-44 semester hours)

- CHM 141 College Chemistry (3) (GMPF IVB) and
- CHM 144 College Chemistry Laboratory (2) (GMPF IVB)
- CHM 142 College Chemistry (3) (*GMPT CHM 2**) and
- CHM 145 College Chemistry Laboratory (2) (*GMPT CHM 2**)
- CHM 231 Fundamentals of Organic Chemistry (4 {3 lec/1 lab}) (*GMPT CHM 2**) [*Fall Semester*]
- CHM 332 Outlines of Biochemistry (4) (*GMPT CHM 2**) [*Spring Semester*]
- KNH 102 Fundamentals of Nutrition (3)
- KNH 103 Introduction to the Profession of Dietetics (2)
- KNH 213 Global and Community Nutrition (3) [*Spring Semester*]
- KNH 304 Advanced Nutrition (3) [*Fall Semester*]
- MBI 111 Microorganisms and Human Disease (3)
- PSY 111 Introduction to Psychology (4)
 - OR EDP 101 Psychology of the Learner (3)
- STA 261 Statistics (4)
- ZOO 161 Human Physiology (4)

(GMPT CHM 2) Students using CHM 2 Thematic Sequence must declare so in the Chemistry Department.*

Choose your career path by selecting either the Community Nutrition Concentration (non-RD) or the Dietetics Concentration (RD):

COMMUNITY NUTRITION CONCENTRATION: (11-13 semester hours)

In addition to the Nutrition Foundation requirements, students interested in business, industry, education, research, health care, and corporate wellness, must select a minimum of 11 total hours from the options listed. See your advisor for recommendations dependent upon your interests.

Select TWO: (6 semester hours)

- ATH 448 Developing Solutions in Global Health (3)
- FSW 261 Diverse Family Systems Across the Life Cycle (3)
- KNH 203 Nutrition in Disease Prevention Management (3)
- KNH 242 Personal Health (3)
- KNH 362 Health Promotion Foundations (3)
- KNH 409 Nutrition for Sport and Fitness (3) *[Spring Semester]*
- KNH 432 Nutrition Across the Life Span (3)
- KNH 462 Health Promotion Program Planning & Evaluation (3)
- PSY 231 Developmental Psychology (3)

Select TWO: (5-7 semester hours)

- COM 136 Introduction to Interpersonal Communication (3)
- COM 231 Small Group Communication (3)
- ECO 201 Principles of Microeconomics (3)
- ECO 202 Principles of Macroeconomics (3)
- ECO 332 Health Economics (3) *(pre-reqs ECO 201 & ECO 202)*
- ESP 201 Introduction to Entrepreneurship (3)
- KNH 468/L Physiology & Biophysics of Human Activity (3/1)
- KNH 482 Exercise Management of Chronic Disease (3)
- MBI 131 Community Health Perspectives (2)
- MGT 111 Introduction to Business (3)
- MGT 291 Introduction to Management & Leadership (3)
- MGT 303 Human Resource Management (3)

Choose your career path by selecting either the Community Nutrition Concentration (non-RD) or the Dietetics Concentration (RD):

DIETETICS CONCENTRATION: (31 semester hours)

In addition to the Nutrition Foundation requirements, students planning on becoming a Registered Dietitian must also complete the following coursework. Acceptance rate of a clinical experience is dependent upon student performance and other experiences.

Take All: (28 semester hours)

- KNH 104 Introduction to Food Science & Meal Management (4)
- KNH 203 Nutrition in Disease Prevention Management (3)
- KNH 303 Food Systems Management (3) *[Fall Semester]*
- KNH 403 Professional Practices in Dietetics (3) *[Fall Semester]*
- KNH 404 Advanced Food Science (4)
- KNH 411 Medical Nutrition Therapy I (3) *[Fall Semester]*
- KNH 413 Medical Nutrition Therapy II (3) *[Spring Semester]*
- KNH 420.G Field Experience: Dietetics (2)
- KNH 432 Nutrition Across the Life Span (3)

Select ONE: (3 semester hours)

- MGT 111 Introduction to Business (3)
- MGT 291 Introduction to Management & Leadership (3)
- MGT 303 Human Resource Management (3)

ELECTIVES: Student has potential elective credit hours dependent upon Global Miami Plan selections. Consult your academic advisor for elective course suggestions depending upon your career interests.

SPORT STUDIES

The Sport Studies major at Miami University leads to the Bachelor of Science in Kinesiology and Health degree. This major allows students who have a keen interest in sport to study it from psychological, sociological, and historical perspectives. Consistent with the Miami Plan for Liberal Education, required courses in the Sport Studies major do not just take a descriptive or prescriptive approach. Rather, these courses provide students with opportunities to think critically about sport and leisure in the broader context of U.S. society and a global economy, as well as in individual lives. Students can expect to engage with a variety of perspectives, some of which may challenge their long-standing beliefs about sport, culture, and the human body.

The Sport Studies major provides students with a multidisciplinary perspective on sport that is obtained through the KNH Core/Matrix and Sport Studies major requirements. The major's curriculum allows students to pursue a double major and/or minor in Business (e.g. Marketing, Management, Entrepreneurship), Psychology, Journalism, or other area. This program also serves as an excellent foundation for students who wish to pursue advanced degrees (M.S. or Ph.D.) in Sport Marketing, American Studies, Cultural Studies, Sport Psychology, or Sport Sociology. In addition, the coursework in Sport Studies can also be used as a foundation for other advanced degrees (e.g., Law).

CAREER OPPORTUNITIES

If you are interested in any one of the following areas, we suggest the following options:

CAREER AREA	SUGGESTED COURSEWORK (via Electives, Thematic Sequence, Minors, Second Major)
Athletic Administration (high school / intercollegiate)	Business (Management, Marketing, Entrepreneurship)
Professional / Semi-Professional Sport	Business (Management, Marketing, Entrepreneurship)
Coaching	Coaching Minor
Sport Communication or Sport Media	Journalism, Communications, Interactive Media
Recreational Sport / Community	Health Promotion major
Sport Law	Political Science major
Other Advanced/Professional Degrees	See your academic advisor

The Sport Studies curriculum as shown on the DAR requires the KNH Departmental Core coursework of KNH 102 Fundamentals of Nutrition (3); KNH 184 Motor Skill Learning & Performance (3) and Lab (1); KNH 274 Critical Perspectives on the Body (3) –**OR-** KNH 276 The Meaning of Leisure (3) (GMPF IIC) (H) –**AND-** KNH 188 Physical Activity & Health (3) (GMPF IIC) –**OR-** KNH 242 Personal Health (3). **The Sport Studies KNH Core requirements have been posted to the Matrix (see the next page). Please see your academic advisor if you have questions on these requirements.**

Exploring KNH Matrix: Take a minimum of nine (9) KNH credit hours OUTSIDE of the student's major at multiple course levels. **Matrix not applicable to Sport Studies at this time. Take the KNH Core courses listed below instead.**

Majors	100 level	200 level	300 level	400 level
Athletic Training				
Health Promotion		KNH 242 or		
Kinesiology	KNH 184 & KNH 184 Lab	KNH 188		
Nutrition	KNH 102			
Sport Studies		KNH 274 and KNH 276		

Sport Studies Major Requirements: (27 semester hours)

- KNH 244 Functional Anatomy (3)
- KNH 244.L Functional Anatomy Lab (1)
- KNH 274 Critical Perspectives on the Body (3)
- KNH 276 The Meaning of Leisure (3) (GMPF IIC) (H)
- KNH 375 Psychological Perspectives in Sport & Exercise (3)
- KNH 378 Sport, Power & Inequality (3)
- KNH 381 Biodynamics of Human Performance (3)
- KNH 381.L Biodynamics of Human Performance Lab (1)
- KNH 473 Children & Youth in Sport (3)
- ZOO 161 Principles of Human Physiology (4) (GMPF IVA)

AND Choose four (4) of the following: (12-13 semester hours)

(only one *Sport Studies* 453 may be used to fulfill this requirement):

- KNH 279 African Americans in Sport (3) (GMPF IIC) (H)
- KNH 292 Dance, Culture & Contexts (3) (GMPF IIB) (H)
- KNH 453 Seminar; Sport Studies (3) (consult with your advisor about *Sport Studies'* 453s)
- KNH 471 Sport, Leisure & Aging (4)
- KNH 472 Sport in Schools & Colleges (4)
- KNH 475 Women, Gender Relations & Sport (3)

ELECTIVES: Student has 22 potential elective credit hours dependent upon Global Miami Plan selections. Consult your academic advisor for suggestions tailored to your career interests.

The Sport Studies major may be complemented with internships, independent studies, a second major, and/or minors from KNH or other departments. Suggested minors include the following: Entrepreneurship (18 hrs.), Management (22 hrs.), Marketing (19-22 hrs.), Coaching (19 hrs.), Sociology (18 hrs.), & Women's Studies (18 hrs.).

Your personal academic plan

FIRST YEAR

20_____

	FALL SEMESTER	SPRING SEMESTER
1		
2		
3		
4		
5		
6		

SECOND YEAR

20_____

	FALL SEMESTER	SPRING SEMESTER
1		
2		
3		
4		
5		
6		

KNH Credit/No Credit Policy: Courses required for your major must be taken for a grade, not as credit/no credit.

Your personal academic plan

THIRD YEAR

20_____

	FALL SEMESTER	SPRING SEMESTER
1		
2		
3		
4		
5		
6		

FOURTH YEAR

20_____

	FALL SEMESTER	SPRING SEMESTER
1		
2		
3		
4		
5		
6		

KNH Credit/No Credit Policy: Courses required for your major must be taken for a grade, not as credit/no credit.

Other Opportunities...

Opportunities exist for students to attend **Seminars** and **Special Lectures** within the Department of Kinesiology and Health as well as other departments across campus.

The Department also hosts **Research Colloquiums** on campus for students to attend as well as present their research if so desired. This is an excellent platform for students to gain confidence and experience related to their scholarship and career.

Miami offers a variety of ways to compliment a Major with elective courses, minors, research and service, study abroad, etc. Some ideas for the KNH major include:

Electives – Choose courses outside of your requirements that you simply enjoy or will contribute to your career interests.

Minors – KNH students may choose Coaching, Nutrition, Management & Organizations, Entrepreneurship, Sociology, among others.

Research & Service – Many KNH students work with faculty in independent studies and/or internships on and off campus.

Study Abroad – Experience international programs by studying abroad for a semester, a year, or a summer. You can choose a study abroad program that may or may not be related to your major.

*Meet to discuss these learning opportunities with your adviser. Also, see the Miami Bulletin or on the web at **www.MUOHIO.EDU** for more information.*

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