KINESIOLOGY, B.S. (ALTOONA)

Begin Campus: Any Penn State Campus
End Campus: Altoona

Program Description
Not all options are available at every campus. Contact the campus you are interested in attending to determine which options are offered.

Kinesiology offers a comprehensive program of study in the science of human movement and is designed for students who want to prepare for professions involving physical activity and for graduate study in related areas. The Kinesiology major options are: Applied Exercise and Health; Movement Science; and Exercise Science (offered only at Penn State Berks). All options require a culminating practicum or research experience. Relocation away from the University Park campus is generally necessary for the practicum. All options require a minimum of 120 credits for graduation. Additional requirements are mandated by the Pennsylvania Department of Education (PDE) for entrance to the Health and Physical Education (HPE) certification emphasis in the Applied Exercise and Health Option (AEH). Information about the major and its options can be found at https://hhd.psu.edu/kines.

Applied Exercise and Health Option
Available at the following campuses: University Park

This option provides applied interdisciplinary training in the foundations of the scientific understanding of exercise and health through the lifespan. Students identify one of two areas of emphasis that are certification-based and practice-oriented:

a. courses and practical experiences directed toward certification by organizations such as the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association (NSCA), or

b. a series of courses and student teaching leading to teacher certification.

In order to qualify for the teacher certification track, students must meet the requirements mandated by the Pennsylvania Department of Education (PDE). PDE requirements can be found at http:// www.hhdev.psu.edu/kines/undergraduate/physical-health-education. The completion of the Applied Exercise and Health Option will prepare students to work in the private or corporate fitness arenas, community-based fitness organizations, and university or hospital settings, or be Pennsylvania certified in health and physical education (K-12) and secure teaching positions in public or private schools.

Movement Science Option
Available at the following campuses: Altoona, University Park

This option provides interdisciplinary scientific training in academic areas such as biomechanics, exercise physiology, movement neuroscience, psychology of physical activity, and sport history and philosophy to understand movement for prevention and diagnosis of chronic disease, rehabilitation and treatment, and/or theoretical study. Students are prepared for graduate study in many clinical fields including medicine, physical therapy, occupational therapy, physician assistant, cardiac rehabilitation, as well as a broad range of careers in biomedical and health-related fields.

Exercise Science Option
Available at the following campuses: Altoona, Berks, Harrisburg

(Offered only at Penn State Altoona, Penn State Berks, and Penn State Harrisburg) This option is a program of study in the science of exercise. This program offers Kinesiology background and applied experience in fitness assessment, exercise physiology, exercise psychology, motor skill development, nutrition and healthy living skills. Graduates will be able to scientifically assess fitness levels of individuals. Analyzing those assessments, graduates will then be capable of designing and implementing appropriate exercise programs. Students acquire basic business skills in accounting, marketing, management and entrepreneurial skills. Students choosing the Science Emphasis will select courses from a department list that will enhance their opportunity for graduate studies in Kinesiology-related fields, physical therapy and medical schools. The completion of the Exercise Science Option will enable graduates to compete for employment in the corporate fitness arena, private fitness clubs, community-based fitness organizations, hospital and university settings or possibly to operate their own health and fitness company.

What is Kinesiology?

Kinesiology refers to the study of human movement. This interdisciplinary field of study focuses on physical activity and includes specialized areas of study that include the arts, humanities, sciences and professional disciplines. These areas include biomechanics, psychology of physical activity, exercise physiology, history and philosophy of physical activity, motor development, as well as sports medicine and physical education pedagogy. This multi-disciplinary approach is useful for addressing health and wellness in a complex society.

MORE INFORMATION ABOUT KINESIOLOGY (http:// www.nationalacademyofkinesiology.org/what-is-kinesiology)

You Might Like This Program If...

You enjoy working with people, have a passion for health and wellness, and are open to approaching problems with interdisciplinary strategies. As you learn about the human body as a whole, you will also have the opportunity to understand how you can apply your knowledge and skills to develop solutions that can help others in a number of ways, whether in a rehabilitation facility, with a professional sports team, in a corporate office or in a school setting.

Entrance to Major

Students who have completed a minimum of 28 credits and have a 2.00 cumulative grade-point average are eligible for entrance into the major after completing an Entrance to Major form.

Degree Requirements

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>General Education</td>
<td>45</td>
</tr>
<tr>
<td>Electives</td>
<td>0-2</td>
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<tr>
<td>Requirements for the Major</td>
<td>95-107</td>
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</table>

18-27 of the 45 credits for General Education are included in the Requirements for the Major. This includes: Applied Exercise and Health Option - 9 credits GN, 6 credits GQ, 3 credits of GH, 6 credits of GS and 3 credits of GHW. Movement Science Option—9 credits of GN courses; 6 credits of GQ courses; 3 credits of GS courses; 3 credits of GHW
courses. Exercise Science Option--9 credits of GN courses; 6 credits of GQ courses; 3 credits of GHW courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. KINES requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Recommended Academic Plan for this major.

General Education
Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (http://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

Foundations (grade of C or better is required.)
- Quantification (GQ): 6 credits
- Writing and Speaking (GWS): 9 credits

Knowledge Domains
- Arts (GA): 6 credits
- Health and Wellness (GHW): 3 credits
- Humanities (GH): 6 credits
- Social and Behavioral Sciences (GS): 6 credits
- Natural Sciences (GN): 9 credits

Integrative Studies (may also complete a Knowledge Domain requirement)
- Inter-Domain or Approved Linked Courses: 6 credits

University Degree Requirements
First Year Engagement
All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

Cultures Requirement
6 credits are required and may satisfy other requirements
- United States Cultures: 3 credits
- International Cultures: 3 credits

Writing Across the Curriculum
3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits
A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work
Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition
The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.

Requirements for the Major
To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44).

Common Requirements for the Major (All Options)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BIOL 141</td>
<td>Introductory Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 202</td>
<td>Functional Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>KINES 321</td>
<td>Psychology of Movement Behavior</td>
<td>3</td>
</tr>
<tr>
<td>KINES 341</td>
<td>The Historical, Cultural, and Social Dynamics of Sport</td>
<td>3</td>
</tr>
<tr>
<td>KINES 345</td>
<td>Meaning, Ethics, and Movement</td>
<td>3</td>
</tr>
<tr>
<td>KINES 350</td>
<td>Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 360</td>
<td>The Neurobiology of Motor Control and Development</td>
<td>3</td>
</tr>
<tr>
<td>KINES 384</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Courses

<table>
<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>KINES 100</td>
<td>The Cultural and Behavioral Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>or KINES 141</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 180</td>
<td>The Biophysical Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>or KINES 101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 295B</td>
<td>Careers/Observations in Kinesiology</td>
<td>1</td>
</tr>
<tr>
<td>or KINES 295</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYS 150</td>
<td>Technical Physics I</td>
<td>3-4</td>
</tr>
<tr>
<td>or PHYS 250</td>
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</tbody>
</table>

Select 3-4 credits of the following: 3-4
Available at the following campuses: Altoona, University Park

### Applied Exercise and Health Option (60-64 credits)

#### Requirements for the Option

Select an option  

#### ACSM/NSCA Certification Emphasis:

#### HPE Certification Emphasis:

#### Supporting Courses and Related Areas

Select one of the following emphasis areas:  

#### Additional Courses

#### Prescribed Courses: Require a grade of C or better

#### Additional Courses: Require a grade of C or better

### Movement Science Option (54-56 credits)

Available at the following campuses: Altoona, University Park

### Available at the following campuses: University Park

### Requirements for the Option

Select an option  

#### ACSM/NSCA Certification Emphasis:

#### HPE Certification Emphasis:

#### Supporting Courses and Related Areas

Select one of the following emphasis areas:  

#### Additional Courses

#### Prescribed Courses: Require a grade of C or better

#### Additional Courses: Require a grade of C or better

### Programming for Business and Agencies

### Science of Training Athletes

### Exercise Prescription and Case Studies

### Exercise Psychology

### Health Careers

### History of Athletics in Higher Education

### History of Sport in American Society

### History in the School--Content and Physical Education Programming and Practicum

### Adapted Physical Education

### The Process of Teaching Physical Education

### Leadership Practicum: KINES

### Motor Patterns of Children

### Leadership Practicum for Applied Exercise and Management

### Characteristics, Collaboration, Assessment, and Inclusive Special Ed Foundations: Legal, Learners

### Laboratory

### Medical

### Physical Activity Interventions

### Physical Activity in Diverse Populations

### Physical Activity in Diverse Populations

### Physical Activity Interventions

### Physical Activity in Diverse Populations

### Rehabilitation

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KINES 447W Representing Sport in Popular Film
KINES 452 Applied Cardiovascular Physiology
KINES 453 Environmental Physiology
KINES 454 Women’s Health and Exercise Across the Lifespan
KINES 455 Physiological Basis of Exercise as Medicine
KINES 456 Physical Fitness Appraisal
KINES 457 Exercise Prescription and Case Studies
KINES 460 Movement Disorders
KINES 463 Acquisition of Motor Skills
KINES 465 Neurobiology of Sensorimotor Stroke Rehabilitation
KINES 467 The Science of Performance Enhancement
KINES 481W Scientific Basis of Exercise for Older Adults
KINES 483 Motor Patterns of Children
KINES 484 Advanced Biomechanics
KINES 485 Science of Training Athletes
KINES 488 Mechanics of Locomotion
KINES 492W Programming for Business and Agencies
KINES 493 Principles and Ethics of Coaching
KINES 495E Advanced Professional Development in Kinesiology
KINES 499 Foreign Studies

Additional Courses: Require a grade of C or better
CHEM 106 Introductory and General Chemistry 3-5
or CHEM 110 Chemical Principles I 3
MATH 26 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 26 16

Supporting Courses and Related Areas
Select 9 credits from University-wide offerings from an approved list, in consultation with adviser 9

Exercise Science Option (54-56 credits)
Available at the following campuses: Altoona, Berks, Harrisburg

Academic Advising
The objectives of the university’s academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee’s unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy)

Altoona
Tracey J. Elkin
Instructor, Kinesiology
Linden Building 202
3000 Ivyside Park
Altoona, PA 16601
814-949-5687
tje10@psu.edu

University Park
Elizabeth (Lisa) Myers
Coordinator of the Kinesiology Advising Center/Academic Adviser
270 Recreation Park Building
University Park, PA 16802
814-863-4493
kinesadvisingctr@psu.edu

Berks
Ben Infantolino
Program Coordinator, Associate Professor
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Reading, PA 19610
610-396-6153
bwi100@psu.edu

Harrisburg
Rebecca Weiler-Timmins, D.Ed.
Program Coordinator
Educational Activities Building, 0216
Middletown, PA 17057
717-948-6211
Suggested Academic Plan

Exercise Science Option - Business Emphasis at Altoona Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tr>
<td>ENGL 15††</td>
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<td>CAS 100††</td>
<td>3</td>
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<tr>
<td>MATH 22††</td>
<td>3</td>
<td>STAT 202††</td>
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<td>KINES 141††</td>
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Second Year

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<tr>
<td>KINES 100 or 101*</td>
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<td>ENGL 202C or 202D†</td>
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<td>KINES 200*</td>
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<td>CHEM 101 or 110†</td>
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<td>PHYS 150 or 250†</td>
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<td>KINES 260*</td>
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<td>KINES 295B*</td>
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<td>General Education Course</td>
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<td>KINES 341*</td>
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<td><strong>Total</strong></td>
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Third Year

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<td>KINES 345*</td>
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<td>KINES 321*</td>
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<td>KINES 384*</td>
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<td>ECON 102</td>
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<td>KINES 456*</td>
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<td>KINES 495C*</td>
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Fourth Year

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<tbody>
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<td>KINES 358*</td>
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<td>KINES 492W*</td>
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<td>KINES 420*</td>
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<td>KINES 495C*</td>
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<tr>
<td>KINES 457†</td>
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<td>ACCTG 211</td>
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<td>MGMT 301 or MKTG 301</td>
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<td>General Education Course</td>
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Total Credits 123-124

* Course requires a grade of C or better for the major
† Course satisfies General Education and degree requirement
‡ Course requires a grade of C or better for General Education
# Course is an Entrance to Major requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

Exercise Option - Science Emphasis at Altoona Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

<table>
<thead>
<tr>
<th>Fall</th>
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<th>Spring</th>
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<tr>
<td>ENGL 15††</td>
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<td>CAS 100††</td>
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<tr>
<td>MATH 22††</td>
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<td>STAT 200††</td>
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<tr>
<td>NUTR 251††</td>
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<td>KINES 100 or 101*</td>
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<tr>
<td>General Education Course</td>
<td>3</td>
<td>KINES 141††</td>
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Second Year

<table>
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<tbody>
<tr>
<td>KINES 100 or 101*</td>
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<td>ENGL 202C or 202D†</td>
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<td>KINES 200*</td>
<td>3</td>
<td>KINES 201*</td>
<td>3</td>
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<tr>
<td>CHEM 101 or 110†</td>
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<td>KINES 202*</td>
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<td>PHYS 150 or 250†</td>
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<td>KINES 260*</td>
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<td>KINES 295B*</td>
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<td>KINES 341*</td>
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Third Year

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<th>Spring</th>
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<td>KINES 321*</td>
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<td>KINES 356*</td>
<td>3</td>
<td>KINES 350*</td>
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<td>KINES 360*</td>
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<td>KINES 384*</td>
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<td>ECON 102</td>
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<td>KINES 456*</td>
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<td>KINES 495C*</td>
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Fourth Year

<table>
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<td>KINES 1-99*</td>
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<td>KINES 420*</td>
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<td>KINES 495C*</td>
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<td>KINES 457†</td>
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</table>

Total Credits 123-124

* Course requires a grade of C or better for the major
† Course satisfies General Education and degree requirement
### Movement Science Option at Altoona Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Plan or a grade report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

<table>
<thead>
<tr>
<th>First Year</th>
<th>Fall</th>
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<th>Spring</th>
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<td>CHEM 110**</td>
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<td>CHEM 111**</td>
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<td>BIOL 141††</td>
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<td>MATH 26††</td>
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<tr>
<td>Supporting Course (suggest grad school prerequisite)</td>
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<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>KINES 141*</td>
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<td>KINES 180 or KINES 101†</td>
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<td>KINES 321</td>
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<td>KINES 202*</td>
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<td>KINES 400-level Course</td>
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<table>
<thead>
<tr>
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<th>Fall</th>
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<th>Spring</th>
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<tbody>
<tr>
<td>KINES 360*</td>
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<td>KINES 495B*</td>
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<td>KINES 384*</td>
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<td>KINES 400-level Course</td>
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<td>KINES 395B*</td>
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<td>KINES 400-level Course*</td>
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<td>BIOL 110††</td>
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</table>

| Total Credits | 125 |

* Course requires a grade of C or better for the major
† Course requires a grade of C or better for General Education
‡ Course is an Entrance to Major requirement
†† Course satisfies General Education and degree requirement

### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.
an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

**Career Paths**

**Careers**

Kinesiology students have many career options after graduation. Discussion with an adviser, Kinesiology faculty, or professionals in the field can provide additional insight. Many students use their Penn State Kinesiology degree in allied health and wellness fields, working with a wide range of populations in many different settings. Our applied options give students hands-on experience to work with children and adults to promote health and wellness. Kinesiology students are valuable employees, with their strong scientific background that they can apply to solving problems related to human movement.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE KINESIOLOGY PROGRAM (http://www.americankinesiology.org/SubPages/Pages/Careers%20In%20Kinesiology)

**Opportunities for Graduate Studies**

Many students in Kinesiology are looking to attend graduate or professional school after they complete their undergraduate program. Kinesiology students are often interested in careers in physical therapy, occupational therapy, physician's assistant, medical school, dentistry, nursing, or chiropractic school. The Kinesiology undergraduate program includes many of the prerequisite courses needed for many of these post-bachelor programs, providing students with a strong scientific foundation for further study.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (http://science.psu.edu/premed/advising)

**Professional Resources**

- National Academy of Kinesiology (http://www.nationalacademyofkinesiology.org)
- American College of Sports Medicine (http://www.acsm.org)
- National Strength and Conditioning Association (https://www.nsca.com)
- SHAPE: Society of Health and Physical Educators (https://www.shapeamerica.org)
- American Kinesiology Association (http://www.americkinesiology.org)
- PA Department of Education (http://www.education.pa.gov/Teachers-%20Administrators/Curriculum/Pages/Health--Physical-Education.aspx)

**Contact**

**Altoona**

DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES
Hawthorn Building 123
3000 Ivyside Park
Altoona, PA 16601
814-949-5687
tje10@psu.edu

http://altoona.psu.edu/academics/bachelors-degrees/kinesiology/request-information

**Berks**

SCIENCE DIVISION
Beaver Building
Reading, PA 19610
610-396-6153
bwi100@psu.edu

http://berks.psu.edu/bs-kinesiology

**Harrisburg**

SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION
Educational Activities Building, 0216
Middletown, PA 17057
717-948-6742
rlp26@psu.edu

http://harrisburg.psu.edu/behavioral-sciences-and-education/kinesiology/bachelor-science-kinesiology

**University Park**

DEPARTMENT OF KINESIOLOGY
276 Recreation Building
University Park, Pa 16802
814-863-0442
kinesundergrad@psu.edu

http://hhd.psu.edu/kines/kinesiology-major