**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. 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.

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.

**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 https://hhd.psu.edu/kines/applied-exercise-and-health-option. 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 29.1 credits and have a 2.00 cumulative grade-point average are eligible for entrance into the major after completing and Entrance to Major form.

**Degree Requirements**

For the Bachelor of Science degree in Kinesiology a minimum of 120 credits is required:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>45</td>
</tr>
<tr>
<td>Electives</td>
<td>0-5</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>89-108</td>
</tr>
</tbody>
</table>

15-27 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—6 credits of GN courses; 6 credits of GQ courses; 3 credits of GS courses; 3 credits of GHW courses. Exercise Science Option—6 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>KINES 100</td>
<td>The Cultural and Behavioral Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 101</td>
<td>The Biophysical Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 202</td>
<td>Functional Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>KINES 295B</td>
<td>Careers/Observations in Kinesiology</td>
<td>1</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>
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</tbody>
</table>

Additional Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 141</td>
<td>Introductory Physiology</td>
<td>3-6</td>
</tr>
<tr>
<td>BIOL 161</td>
<td>Human Anatomy and Physiology I - Lecture</td>
<td></td>
</tr>
<tr>
<td>BIOL 163</td>
<td>Human Anatomy and Physiology II - Lecture</td>
<td></td>
</tr>
</tbody>
</table>
Select 3-4 credits of the following:  
SCM 200 Introduction to Statistics for Business  
STAT 200 Elementary Statistics  
STAT 250 Introduction to Biostatistics

Requirements for the Option
Select an option  52-67

Requirements for the Option
Applied Exercise and Health Option (60-67 credits)
Available at the following campuses: University Park

ACSM/NSCA Certification Emphasis:
KINES 395B Leadership Practicum: KINES
KINES 421 Exercise Psychology
KINES 425W Physical Activity in Diverse Populations
or KINES 481 Scientific Basis of Exercise for Older Adults
or KINES 495 Programming for Business and Agencies
or KINES 495 Principles and Ethics of Coaching
KINES 457 Exercise Prescription and Case Studies
KINES 485 Science of Training Athletes
KINES 495B Field and/or Research Practicum in Kinesiology
KINES 495E Advanced Professional Development in Kinesiology
Select 3 credits from approved 400-level KINES courses:
KINES 410 Physical Growth and Motor Development
KINES 411 Introduction to Musculoskeletal Injury and Rehabilitation
KINES 422 Physical Activity Interventions
KINES 424 Women and Sport
KINES 425W Physical Activity in Diverse Populations
KINES 455 Physiological Basis of Exercise as Medicine
KINES 460 Movement Disorders
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 493 Principles and Ethics of Coaching

Movement Science Option (56-58 credits)
Available at the following campuses: Altoona, University Park

Select 3-4 credits from:
KINES 395B Leadership Practicum: KINES
KINES 421 Exercise Psychology
KINES 425W Physical Activity in Diverse Populations
or KINES 481 Scientific Basis of Exercise for Older Adults
or KINES 495 Programming for Business and Agencies
or KINES 495 Principles and Ethics of Coaching
KINES 457 Exercise Prescription and Case Studies
KINES 485 Science of Training Athletes
KINES 495B Field and/or Research Practicum in Kinesiology
KINES 495E Advanced Professional Development in Kinesiology
Select 3 credits from approved 400-level KINES courses:
KINES 410 Physical Growth and Motor Development
KINES 411 Introduction to Musculoskeletal Injury and Rehabilitation
KINES 422 Physical Activity Interventions
KINES 424 Women and Sport
KINES 425W Physical Activity in Diverse Populations
KINES 455 Physiological Basis of Exercise as Medicine
KINES 460 Movement Disorders
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 493 Principles and Ethics of Coaching

Supporting Courses and Related Areas
Supporting Courses and Related Areas: Require a grade of C or better
Take the following required courses with selected emphasis area:  25-29

HPE Certification Emphasis:
KINES 366 The Process of Teaching Physical Education
KINES 395A Ldrshp Prac:Tchrs
KINES 400 Adapted Physical Education
KINES 464 Physical Education Programming and Practicum
KINES 466W Health Instruction in the School—Content and Method
KINES 495A Practicum in Student Teaching
SLED 400 Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management
ACSM/NSCA Certification Emphasis:
KINES 423 Psychology of Sports Injuries
KINES 424 Women and Sport
KINES 425W Physical Activity in Diverse Populations
KINES 426 Physical Activity and Public Health
KINES 427 Developmental Sport & Exercise Psychology
KINES 428 Motivation and Emotion in Movement
KINES 429 Psychology of Sport Performance
KINES 439W Ethics in Sport and Sport Management
KINES 440 Philosophy and Sport
KINES 441 History of Sport in American Society
KINES 442 Sport in Ancient Greece and Rome
KINES 443 The Modern Olympic Games
KINES 446 History of Sport in the Modern World
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 458 Introduction to Electrocardiogram Interpretation
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
MATH 22 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 22

Supporting Courses and Related Areas

Select 9 credits in University-wide offerings from an approved list, in consultation with adviser

Exercise Science Option (52-54 credits)
Available at the following campuses: Altoona, Berks, Harrisburg

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 200</td>
<td>Muscle Training: Physiology, Programs, Techniques</td>
<td>3</td>
</tr>
</tbody>
</table>

KINES 201 Cardiorespiratory Training for Health and Performance
KINES 260 Research Skills in Kinesiology
KINES 356 Activity and Disease
KINES 358 Ergogenic Aids
KINES 420 Psychosocial Dimensions of Physical Activity
KINES 456 Physical Fitness Appraisal
KINES 457 Exercise Prescription and Case Studies
KINES 495C Exercise Science Practicum

Additional Courses

Select 3 credits from KINES 1 to KINES 99

Additional Courses: Require a grade of C or better

MATH 22 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 22

Select one of the following:

CHEM 101 Introductory Chemistry
CHEM 106 Introductory and General Chemistry
CHEM 110 Chemical Principles I & CHEM 111 and Experimental Chemistry I
CHEM 130 Introduction to General, Organic, and Biochemistry

Supporting Courses and Related Areas

Select 16 credits from one of the following emphasis area from an approved list, in consultation with adviser. At least 3 credits must be at the 400 level.

Business Emphasis
Science Emphasis

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

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Sarah Milito
Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2019-20 academic year. To access previous years’ suggested academic plans, please visit the archive (http://bulletins.psu.edu/undergraduate/archive) to view the the appropriate Undergraduate Bulletin edition (Note: the archive only contain suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin).

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 Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ENGL 15††</td>
<td>3 CAS 100††</td>
<td>3</td>
</tr>
<tr>
<td>MATH 22††</td>
<td>3 STAT 200††</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 251††</td>
<td>3 KINES 100 or 101*</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 BIOL 141**</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 General Education</td>
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<tr>
<td></td>
<td>15</td>
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Second Year

<table>
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<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>KINES 100 or 101*</td>
<td>3 ENGL 202C or 202D†</td>
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</tr>
<tr>
<td>KINES 200*</td>
<td>3 KINES 201*</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 101 or 110†</td>
<td>3 KINES 202*</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 150 or 250†</td>
<td>3-4 KINES 260*</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 KINES 295B*</td>
<td>1</td>
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<tr>
<td></td>
<td>KINES 341*</td>
<td>3</td>
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<tr>
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Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>KINES 345*</td>
<td>3 KINES 321*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 356*</td>
<td>3 KINES 350*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 360*</td>
<td>3 KINES 384*</td>
<td>3</td>
</tr>
<tr>
<td>ECON 102</td>
<td>3 KINES 456*</td>
<td>4</td>
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<tr>
<td>General Education Course</td>
<td>3 KINES 495C*</td>
<td>3</td>
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<td></td>
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<td>16</td>
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</table>

Fourth Year

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<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>KINES 1-99*</td>
<td>1.5 KINES 1-99*</td>
<td>1.5</td>
</tr>
<tr>
<td>KINES 358*</td>
<td>1 KINES 492W†</td>
<td>3</td>
</tr>
<tr>
<td>KINES 420*</td>
<td>3 KINES 495C*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 457*</td>
<td>3 ACCTG 211</td>
<td>4</td>
</tr>
<tr>
<td>MGMT 301 or MKTG 301</td>
<td>3 MGMT 301 or MKTG 301</td>
<td>3</td>
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<tr>
<td>General Education Course</td>
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<td></td>
<td>14.5</td>
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</tbody>
</table>

Total Credits 123-124

* 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.

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>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15††</td>
<td>3 CAS 100††</td>
<td>3</td>
</tr>
<tr>
<td>MATH 22††</td>
<td>3 STAT 200††</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 251††</td>
<td>3 KINES 100 or 101*</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 General Education</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>15-16</td>
<td>17</td>
</tr>
</tbody>
</table>
General Education Course 3 BIOL 141† 3
General Education Course 3 General Education 3

Second Year
Fall Credits Spring Credits
KINES 100 or 101* 3 ENGL 202C or 202D† 3
KINES 200† 3 KINES 201* 3
CHEM 101 or 110‡ 3 KINES 202* 4
PHYS 150 or 250‡ 3-4 KINES 260* 3
General Education Course 3 KINES 295B* 1
General Education Course 3 KINES 341* 3

15 16

Third Year
Fall Credits Spring Credits
KINES 345* 3 KINES 321* 3
KINES 356† 3 KINES 350* 3
KINES 360† 3 KINES 384* 3
General Education Course 3 KINES 456* 4
General Education Course 3 KINES 495C* 3

15 16

Fourth Year
Fall Credits Spring Credits
KINES 1-99* 1.5 KINES 462 2
KINES 358† 1 KINES 495C* 3
KINESS 420† 3 Emphasis Selection 3
KINES 457† 3 Emphasis Selection 3
KINES 461 2 Emphasis Selection 3
Emphasis Selection 3

13.5 14

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.

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 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
Fall Credits Spring Credits
ENGL 15, 30, or ESL 15‡ 3 CHEM 110†† 3
PSYCH 100†† 3 CHEM 111†† 1
BIOL 141†† 3 MATH 26†† 3
BIOL 142† 1 General Education Course 3
General Education Course 3 General Education Course 3
Supporting Course(suggest grad school prerequisite) 3

13 16

Second Year
Fall Credits Spring Credits
CAS 100† 3 General Education Course 3
CHEM 112†† 3 General Education Course 3
CHEM 113†† 1 STAT 200, 250, or SCM 200†† 4
NUTR 251†† 3 PHYS 251 4
PHYS 250 4 KINES 101 or 180 3
KINES 100* 3

17 17

Third Year
Fall Credits Spring Credits
KINES 141* 3 KINES 295B 1
KINES 180 or KINES 101* 3 KINES 321 3
KINES 202* 4 KINES 345* 3
ENGL 202A or 202D‡ 3 KINES 350 3
Supporting Course(suggest Grad School prerequisite) 3
BIOL 110†† 4

16 17

Fourth Year
Fall Credits Spring Credits
KINES 360* 3 KINES 495B* 6
KINES 384* 3 KINES 400-level Course 3
KINES 395B* 1 KINES 400-level Course 3
KINES 425W, 439W, 447W, 481W, or 492W 3 Elective 1
KINES 400-level Course 3
Supporting Course(suggest Graduate School prerequisite) 3

16 13

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
Kinesiology, B.S. (Altoona)

# 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.

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.americankinesiology.org)
• PA Department of Education (http://www.education.pa.gov/Teachers%20-%20Administrators/Curriculum/Pages/Health–Physical-Education.aspx)

Contact

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

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