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—9 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>
</tr>
</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>
</tr>
</tbody>
</table>

Additional Courses
Additional Courses: Require a grade of C or better
Select 3-6 credits from:

| BIOL 141 | Introductory Physiology                                     | 3-6     |
| BIOL 161 | Human Anatomy and Physiology I - Lecture                    |         |
| BIOL 163 | Human Anatomy and Physiology II - Lecture                   |         |
Select 3-4 credits of the following: 3-4
- 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prescribed Courses: Require a grade of C or better</td>
<td></td>
</tr>
<tr>
<td>CI 280</td>
<td>Introduction to Teaching English Language Learners</td>
<td>3</td>
</tr>
<tr>
<td>EDPSY 10</td>
<td>Individual Differences and Education</td>
<td>3</td>
</tr>
<tr>
<td>KINES 200</td>
<td>Muscle Training: Physiology, Programs, Techniques</td>
<td>3</td>
</tr>
<tr>
<td>KINES 201</td>
<td>Cardiorespiratory Training for Health and Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINES 267</td>
<td>Fundamental Movement Skills Instruction</td>
<td>1</td>
</tr>
<tr>
<td>KINES 367</td>
<td>Games and Sports Instruction Across the Lifespan</td>
<td>1</td>
</tr>
<tr>
<td>KINES 368</td>
<td>Individual Fitness and Wellness</td>
<td>2</td>
</tr>
<tr>
<td>KINES 401</td>
<td>Applied Group Fitness Exercise Prescription and Program Design</td>
<td>3</td>
</tr>
<tr>
<td>KINES 456</td>
<td>Physical Fitness Appraisal</td>
<td>4</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Select 3-4 credits from: 3-4
- CHEM 101 Introductory Chemistry
- CHEM 106 Introductory and General Chemistry
- CHEM 110 Chemical Principles I
- CHEM 130 Introduction to General, Organic, and Biochemistry

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 Pract: Tchrs
- KINES 400 Adapted Physical Education
- KINES 464 Physical Education Programming and Practicum
- KINES 468W Health Instruction in the School-Content and Method
- KINES 495A Practicum in Student Teaching
- SPLED 400 Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management

ACSM/NSCA Certification Emphasis:
- KINES 395B Leadership Practicum: KINES
- KINES 421 Exercise Psychology
- KINES 425W Physical Activity in Diverse Populations or KINES 48 Scientific Basis of Exercise for Older Adults or KINES 49 Programming for Business and Agencies or KINES 49 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prescribed Courses: Require a grade of C or better</td>
<td></td>
</tr>
<tr>
<td>BIOL 110</td>
<td>Biology: Basic Concepts and Biodiversity</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 162</td>
<td>Human Anatomy and Physiology I - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 164</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>Experimental Chemistry I</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>Chemical Principles II</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 113</td>
<td>Experimental Chemistry II</td>
<td>1</td>
</tr>
<tr>
<td>KINES 395B</td>
<td>Leadership Practicum: KINES</td>
<td>1</td>
</tr>
<tr>
<td>KINES 495B</td>
<td>Field and/or Research Practicum in Kinesiology</td>
<td>6</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 251</td>
<td>Introductory Physics II</td>
<td>4</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Courses
Select an additional 12 credits from approved 400-level KINES courses:

- KINES 410 Physical Growth and Motor Development
- KINES 411 Introduction to Musculoskeletal Injury and Rehabilitation
- KINES 419 Disability Sport and Recreation
- KINES 420 Psychosocial Dimensions of Physical Activity
- KINES 421 Exercise Psychology
- KINES 422 Physical Activity Interventions
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 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 493W Principles and Ethics of Coaching  
KINES 495E Advanced Professional Development in Kinesiology  
KINES 499 Foreign Studies  
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  
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 3  

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 3  
Select one of the following: 3-5  
CHEM 101 Introductory Chemistry  
CHEM 106 Introductory and General Chemistry  
CHEM 110 Chemical Principles I 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. 16  

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

University Park  
Sarah Milito  
Lead Academic Adviser  
270 Recreation Building
**Basis to develop and refine an academic plan that is appropriate for you.** Please consult with a Penn State academic adviser on a regular time. This plan should be used in conjunction with your degree audit in policies, procedures, educational offerings, and requirements at any 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.

**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>Course</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15††</td>
<td>3 ENGL 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>
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**Second Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>KINES 100 or 101*</td>
<td>3 ENGL 202C or 202D†</td>
<td>3</td>
</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>
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</table>

**Third Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>General Education Course</td>
<td>3 KINES 495C*</td>
<td>3</td>
</tr>
</tbody>
</table>

15 16

**Fourth Year**

<table>
<thead>
<tr>
<th>Course</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>
</tr>
<tr>
<td>General Education Course</td>
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<td></td>
</tr>
</tbody>
</table>

14.5 14.5

**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, 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>Course</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>
</tbody>
</table>

15-16 17
### General Education Course

3 BIOL 141**

3 General Education

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*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:

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### 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**

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15, 30, or ESL 15</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 141</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 142</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
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</tbody>
</table>

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### Second Year

#### Fall

**Credits**

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAS 100</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 113</td>
<td>4</td>
</tr>
<tr>
<td>MATH 26</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>4</td>
</tr>
<tr>
<td>KINES 100</td>
<td>3</td>
</tr>
</tbody>
</table>

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### Third Year

#### Fall

**Credits**

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 141</td>
<td>3</td>
</tr>
<tr>
<td>KINES 180 or KINES 101</td>
<td>3</td>
</tr>
<tr>
<td>KINES 202</td>
<td>4</td>
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<tr>
<td>ENGL 202A or 202D</td>
<td>3</td>
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<tr>
<td>Supporting Course</td>
<td>3</td>
</tr>
</tbody>
</table>

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### Fourth Year

#### Fall

**Credits**

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall Credits</th>
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</thead>
<tbody>
<tr>
<td>KINES 360</td>
<td>3</td>
</tr>
<tr>
<td>KINES 384</td>
<td>3</td>
</tr>
<tr>
<td>KINES 395</td>
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</tr>
<tr>
<td>KINES 425W, 439W, 447W, 481W, or 492W</td>
<td>3 Elective</td>
</tr>
<tr>
<td>KINES 400-level Course</td>
<td>3</td>
</tr>
</tbody>
</table>

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Total Credits 125

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