KINESIOLOGY, B.S. (ALTOONA)

Begin Campus: Any Penn State Campus
End Campus: Altoona

Degree Requirements

For the Bachelor of Science degree in Kinesiology a minimum of 120 credits is required for the Applied Exercise Health option, a minimum of 122 credits is required for the Exercise Science option, and a minimum of 124 credits is required for the Exercise Science option.

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 GH, 6 credits of GS and 3 credits of GHW; Movement Science Option - 9 credits of GN courses, 6 credits of QQ courses, 3 credits of GS courses, 3 credits of GHW courses; Exercise Science Option - 9 credits of GN courses, 6 credits of QQ 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; courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Suggested Academic Plan for this major.

Requirements for the Major

A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (https://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)

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<th>Code</th>
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**Prescribed Courses**

Prescribed Courses: Require a grade of C or better

- BIOL 161 Human Anatomy and Physiology I - Lecture 3
- BIOL 163 Human Anatomy and Physiology II - Lecture 3
- KINES 100 The Cultural and Behavioral Foundations of Kinesiology 3
- KINES 101 The Biophysical Foundations of Kinesiology 3
- KINES 202 Functional Human Anatomy 3
- KINES 295B Kines Careers & Observation 1
- KINES 321 Psychology of Movement Behavior 3
- KINES 341 The Historical, Cultural, and Social Dynamics of Sport 3
- KINES 345 Meaning, Ethics, and Movement 3
- KINES 350 Exercise Physiology 3
- KINES 360 The Neurobiology of Motor Control and Development 3

**Additional Courses**

Additional Courses: Require a grade of C or better

Select 3-4 credits from the following:

- SCM 200 Introduction to Statistics for Business
- STAT 200 Elementary Statistics
- STAT 250 Introduction to Biostatistics

Requirements for the Option

Requirements for the Option: Require a grade of C or better

Select an option 40-67

Requirements for the Option

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

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**Prescribed Courses**

Prescribed Courses: Require a grade of C or better

- CI 280 Introduction to Teaching English Language Learners 3
- EDPSY 10 Individual Differences and Education 3
- KINES 200 Muscle Training: Physiology, Programs, Techniques 3
- KINES 201 Cardiorespiratory Training for Health and Performance 3
- KINES 267 Fundamental Movement Skills Instruction 1
- KINES 367 Games and Sports Instruction Across the Lifespan 1
- KINES 368 Individual Fitness and Wellness 2
- KINES 401 Applied Group Fitness Exercise Prescription and Program Design 3
- KINES 456 Physical Fitness Appraisal 4
- PSYCH 100 Introductory Psychology 3

**Additional Courses**

Additional Courses: Require a grade of C or better

Select 3-5 credits from:

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

Select 3-4 credits from:

- PHYS 150 Technical Physics I
- PHYS 250 Introductory Physics I

**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 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 481W**  Scientific Basis of Exercise for Older Adults
  - or **KINES 493W**  Programming for Business and Agencies
  - or **KINES 495W**  Principles and Ethics of Coaching
- **KINES 457**  Exercise Prescription and Case Studies
- **KINES 485**  Science and Practice 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 courses:

- **NUTR 407**  Nutrition for Exercise and Sports
- **KINES 402**  Human Anatomy Cadaver Dissection
- **KINES 405N**  Bicycling Culture and Urban Design
- **KINES 410**  Physical Growth and Motor Development
- **KINES 411**  Introduction to Musculoskeletal Injury and Rehabilitation
- **KINES 419**  Disability Sport and Recreation
- **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 430W**  Groups in Physical Activity
- **KINES 431**  Concussion in Athletics: Brain to Behavior
- **KINES 454**  Women’s Health and Exercise Across the Lifespan
- **KINES 455**  Physiological Basis of Exercise as Medicine
- **KINES 458**  Introduction to Electrocardiogram Interpretation
- **KINES 459**  Community Engagement and Outreach in Kinesiology
- **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
- **KINES 493W**  Principles and Ethics of Coaching
- **KINES 495D**  Expanded Field and/or Research Practicum in Kinesiology
- **KINES 499**  Foreign Studies

**Movement Science Option (40-42 credits)**

*Available at the following campuses: Altoona, University Park*

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

- **BIOC 110**  Biology: Basic Concepts and Biodiversity  
- **BIOC 162**  Human Anatomy and Physiology I - Laboratory  
- **BIOC 164**  Human Anatomy and Physiology II - Laboratory  
- **CHEM 111**  Experimental Chemistry I  
- **CHEM 112**  Chemical Principles II  
- **CHEM 113**  Experimental Chemistry III  
- **KINES 395B**  Leadership Practicum: KINES  
- **KINES 495B**  Field and/or Research Practicum in Kinesiology  
- **PHYS 250**  Introductory Physics I  
- **PSYCH 100**  Introductory Psychology  

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

- **CHEM 106**  Introductory and General Chemistry
  - **CHEM 110**  Chemical Principles I
- **MATH 26** or a higher level MATH course recommended by math placement test. Course list includes: MATH 26, MATH 40, MATH 41, MATH 110 or MATH 140
- Select 12 additional credits from 400-level Kines courses except KINES 403. No more than 3 credits of KINES 496, 408 or 495D may count toward this requirement

**Exercise Science Option (52-55 credits)**

*Available at the following campuses: Altoona, Berks, Harrisburg*

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

- **KINES 200**  Muscle Training: Physiology, Programs, Techniques
- **KINES 201**  Cardiorespiratory Training for Health and Performance
- **KINES 260**  Research Skills in Kinesiology
- **KINES 356**  Activity and Disease
- **KINES 358**  Ergonomic Aids
- **KINES 456**  Physical Fitness Appraisal
- **KINES 457**  Exercise Prescription and Case Studies
- **KINES 495C**  Exercise Science Practicum  

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

Select 3 credits from KINES 1 to KINES 99

- **MATH 22**  or Satisfactory performance on the MATH placement test. Course list includes: MATH 22, MATH 40, MATH 41, MATH 110 or MATH 140
- **PHYS 150**  or PHYS 250  

Select one of the following:

- **CHEM 101**  Introductory Chemistry
- **CHEM 106**  Introductory and General Chemistry
- **CHEM 110**  Chemical Principles I
  & **CHEM 111**  Experimental Chemistry I
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Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

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.

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<th>Emphasis Area</th>
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<tr>
<td>Business Emphasis</td>
<td>16</td>
</tr>
<tr>
<td>Science Emphasis</td>
<td>16</td>
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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 (https://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 and Inter-Domain courses do not meet this requirement.)

- Quantification (GQ): 6 credits
- Writing and Speaking (GWS): 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

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

Integrative Studies

- Inter-Domain Courses (Inter-Domain): 6 credits

Exploration

- GN, may be completed with Inter-Domain courses: 3 credits
- GA, GH, GN, GS, Inter-Domain courses. This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student's degree program, whichever is higher: 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 (https://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.