

# KINESIOLOGY, B.S. (ALTOONA)

**Begin Campus:** Any Penn State Campus

**End Campus:** Altoona

## Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2021-22 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view 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: Kinesiology, B.S. 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
BIOL 161	3 CAS 100A or 100B <sup>††</sup>	3
ENGL 15 <sup>††</sup>	3 STAT 200, 250, or SCM 200 <sup>††</sup>	4
MATH 22 <sup>††</sup>	3 KINES 100 or 101 <sup>*</sup>	3
NUTR 251 <sup>*†</sup>	3 BIOL 163 <sup>*†</sup>	3
PSU 3	1 General Education	3
General Education Course	3	
	<b>16</b>	<b>16</b>

Second Year		
Fall	Credits Spring	Credits
KINES 100 or 101 <sup>*</sup>	3 ENGL 202C or 202D <sup>†</sup>	3
KINES 200 <sup>*</sup>	3 KINES 201 <sup>*</sup>	3
CHEM 101 or 110 <i>and</i> 111 <sup>*†</sup>	3 KINES 202 <sup>*</sup>	4
PHYS 150 or 250 <sup>†</sup>	3-4 KINES 260 <sup>*</sup>	3
General Education Course	3 KINES 295B <sup>*</sup>	1
	KINES 341 <sup>*</sup>	3
	<b>15-16</b>	<b>17</b>

Third Year		
Fall	Credits Spring	Credits
KINES 345 <sup>*</sup>	3 KINES 321 <sup>*</sup>	3
KINES 356 <sup>*</sup>	3 KINES 350 <sup>*</sup>	3
KINES 360 <sup>*</sup>	3 KINES 384 <sup>*</sup>	3
ECON 102	3 KINES 456 <sup>*</sup>	4
General Education Course	3 General Education Course	3
	<b>15</b>	<b>16</b>

Fourth Year		
Fall	Credits Spring	Credits
KINES 1-99 <sup>*</sup>	1.5 KINES 1-99 <sup>*</sup>	1.5

KINES 358 <sup>*</sup>	1 KINES 492W <sup>*</sup>	3
KINES 420 (or 400-level equivalent) <sup>*</sup>	3 KINES 495C <sup>*</sup>	4
KINES 457 <sup>*</sup>	3 ACCTG 211	4
MGMT 301 or MKTG 301	3 MGMT 301 or MKTG 301	3
General Education Course	3	
	<b>14.5</b>	<b>15.5</b>

### Total Credits 125-126

- \* 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: Kinesiology, B.S. at altoona campus

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### First Year

Fall	Credits Spring	Credits
BIOL 161	3 BIOL 163 <sup>*†</sup>	3
ENGL 15 <sup>‡†</sup>	3 CAS 100A or 100B <sup>‡†</sup>	3
MATH 22 <sup>‡†</sup>	3 STAT 200, 250, or SCM 200 <sup>*‡†</sup>	4
NUTR 251 <sup>*†</sup>	3 KINES 100 or 101 <sup>*</sup>	3
PSU 3	1 General Education	3
General Education Course	3	
	<b>16</b>	<b>16</b>

### Second Year

Fall	Credits Spring	Credits
KINES 100 or 101 <sup>*</sup>	3 ENGL 202C or 202D <sup>†</sup>	3
KINES 200 <sup>*</sup>	3 KINES 201 <sup>*</sup>	3
CHEM 101 or 110 <i>and</i> 111 <sup>*†</sup>	3 KINES 202 <sup>*</sup>	4
PHYS 150 or 250 <sup>†</sup>	3-4 KINES 260 <sup>*</sup>	3
General Education Course	3 KINES 295B <sup>*</sup>	1
	KINES 341 <sup>*</sup>	3
	<b>15-16</b>	<b>17</b>

### Third Year

Fall	Credits Spring	Credits
KINES 345 <sup>*</sup>	3 KINES 321 <sup>*</sup>	3
KINES 356 <sup>*</sup>	3 KINES 350 <sup>*</sup>	3
KINES 360 <sup>*</sup>	3 KINES 384 <sup>*</sup>	3
General Education Course	3 KINES 456 <sup>*</sup>	4
General Education Course	3 General Education Course	3
	<b>15</b>	<b>16</b>

### Fourth Year

Fall	Credits Spring	Credits
KINES 1-99 <sup>*</sup>	3 KINES 462W <sup>*</sup>	2
KINES 358 <sup>*</sup>	1 KINES 495C <sup>*</sup>	4
KINES 420 (or 400-level equivalent) <sup>*</sup>	3 Emphasis Selection	3
KINES 457 <sup>*</sup>	3 Emphasis Selection	3
KINES 461W <sup>*</sup>	2 Emphasis Selection	3
Emphasis Selection	3	
	<b>15</b>	<b>15</b>

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## Movement Science Option: Kinesiology, B.S. at Altoona Campus

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First Year		
Fall	Credits Spring	Credits
ENGL 15, 30H, or ESL 15 <sup>‡</sup>	3 BIOL 163 <sup>*†</sup>	3
BIOL 161 <sup>*†</sup>	3 BIOL 164 <sup>*†</sup>	1
BIOL 162 <sup>*</sup>	1 KINES 100 or 101 <sup>*</sup>	3
MATH 26 <sup>††</sup>	3 NUTR 251 <sup>*†</sup>	3
PSU 3	1 General Education Course	3
PSYCH 100 <sup>*†</sup>	3 General Education Course	3
	<b>14</b>	<b>16</b>
Second Year		
Fall	Credits Spring	Credits
BIOL 110 <sup>*†</sup>	4 CHEM 112	3
CAS 100A, 100B, or 100C <sup>‡</sup>	3 CHEM 113 <sup>*</sup>	1
CHEM 110 <sup>*†</sup>	3 KINES 202 <sup>*</sup>	4
CHEM 111 <sup>*†</sup>	1 KINES 295B <sup>*</sup>	1
KINES 100 or 101 <sup>*</sup>	3 KINES 321 <sup>*</sup>	3
General Education Course	3 General Education Course	3
	<b>17</b>	<b>15</b>
Third Year		
Fall	Credits Spring	Credits
ENGL 202A, 202B, 202C, or 202D (202A or 202D suggested) <sup>‡</sup>	3 KINES 345	3
KINES 341 <sup>*</sup>	3 KINES 360 <sup>*</sup>	3
KINES 350 <sup>*</sup>	3 KINES 400-level Course	3
KINES 395B <sup>*</sup>	1 PHYS 251R or 251L <sup>*†</sup>	4
PHYS 250R or 250L <sup>*†</sup>	4 General Education Course	3
Supporting Course (suggest Grad School prerequisite)	3	
	<b>17</b>	<b>16</b>
Fourth Year		
Fall	Credits Spring	Credits
KINES 384 <sup>*</sup>	3 KINES 495B <sup>*</sup>	6
KINES 425W, 439W, 447W, 481W, or 492W	3 KINES 400-level Course	3
STAT 200, 250, or SCM 200 <sup>*†</sup>	4 KINES 400-level Course	3
KINES 400-level Course	3 Supporting Course (suggest grad school prerequisite)	3
Supporting Course (suggest Graduate School prerequisite)	3 Elective	1
	<b>16</b>	<b>16</b>
<b>Total Credits 127</b>		

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