

# KINESIOLOGY, B.S. (BERKS)

**Begin Campus:** Any Penn State Campus

**End Campus:** Berks

## 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> (<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 <https://hhd.psu.edu/kines/undergraduate/major-kinesiology/options/applied-exercise-health> (<https://hhd.psu.edu/kines/undergraduate/major-kinesiology/options/applied-exercise-health/>). 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*

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, movement and sport 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://nationalacademyofkinesiology.org/SubPages/Pages/What%20is%20Kinesiology/>)

### 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 an Entrance to Major form.

## 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 120 credits is required for the Movement Science option, and a minimum of 122 credits is required for the Exercise Science option:**

Requirement	Credits
General Education	45
Electives	0-2
Requirements for the Major	100-108

**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 (<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.)

- **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

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 (<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)

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
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
KINES 384	Biomechanics	3
NUTR 251	Introductory Principles of Nutrition	3

### Additional Courses

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

Select 3-4 credits from the following:	3-4
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	55-67
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**Requirements for the Option****Applied Exercise and Health Option (60-67 credits)**

*Available at the following campuses: University Park*

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
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 Wellnes	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*

MATH 26 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 26	3
Select 3-5 credits from:	3-5

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:	3-4	
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	
SPLD 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 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 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 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

**Movement Science Option (56-58 credits)**

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

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
BIOL 110	Biology: Basic Concepts and Biodiversity	4
BIOL 162	Human Anatomy and Physiology I - Laboratory	1
BIOL 164	Human Anatomy and Physiology II - Laboratory	1
CHEM 111	Experimental Chemistry I	1
CHEM 112	Chemical Principles II	3
CHEM 113	Experimental Chemistry II	1
KINES 395B	Leadership Practicum: KINES	1
KINES 495B	Field and/or Research Practicum in Kinesiology	6
PHYS 250	Introductory Physics I	4
PHYS 251	Introductory Physics II	4
PSYCH 100	Introductory Psychology	3
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
CHEM 106	Introductory and General Chemistry	3-5
or CHEM 110	Chemical Principles I	
MATH 26 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 26		3

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

KINES 400	Adapted Physical Education
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 430W	Groups in Physical Activity
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 445	Alcohol and Drug Education
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 457	Exercise Prescription and Case Studies
KINES 458	Introduction to Electrocardiogram Interpretation
KINES 459	Community Engagement and Outreach in Kinesiology
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 471	MOTOR CONTROL
KINES 481W	Scientific Basis of Exercise for Older Adults
KINES 483	Motor Patterns of Children
KINES 484	Advanced Biomechanics
KINES 485	Science and Practice of Training Athletes
KINES 488	Mechanics of Locomotion
KINES 492W	Programming for Business and Agencies
KINES 493	Principles and Ethics of Coaching
KINES 493W	Principles and Ethics of Coaching
KINES 495E	Advanced Professional Development in Kinesiology
KINES 499	Foreign Studies

#### Supporting Courses and Related Areas

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

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

#### Exercise Science Option (55-58 credits)

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

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
KINES 200	Muscle Training: Physiology, Programs, Techniques	3
KINES 201	Cardiorespiratory Training for Health and Performance	3
KINES 260	Research Skills in Kinesiology	3
KINES 356	Activity and Disease	3
KINES 358	Ergogenic Aids	1
KINES 420	Psychosocial Dimensions of Physical Activity	3
KINES 456	Physical Fitness Appraisal	4
KINES 457	Exercise Prescription and Case Studies	3
KINES 495C	Exercise Science Practicum	4

#### Additional Courses

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

Select 3 credits from KINES 1 to KINES 99	3
MATH 22 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 22	3
PHYS 150 Technical Physics I or PHYS 250 Introductory Physics I	3-4
Select one of the following:	3-5
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

*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. 16

Business Emphasis

Science Emphasis

## Program Learning Objectives

1. Students will demonstrate personal, professional, and ethical competency within the discipline of kinesiology.
2. Students will be able to define fundamental processes, theories, and methods in kinesiology including the physiology, psychology, biomechanics, motor control, history, and philosophy of human movement.
3. Students will be able to define and demonstrate competency for planning and implementing kinesiology-related health, fitness, performance, and behavior change interventions and programs.
4. Students will be able to perform assessments of physical activity and fitness.



5. Students will demonstrate skills related to thinking critically, evaluating research knowledge and evidence, and analyzing quantitative data.

## 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 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

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## 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 Berks 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 or 30H (GWS) <sup>‡</sup>	3 CAS 100A or 100B (GWS) <sup>‡</sup>	3
MATH 22 (GQ) <sup>‡</sup>	3 STAT 200, 250, or SCM 200 (GQ) <sup>‡</sup>	3-4
NUTR 251 (GHW) <sup>††</sup>	3 KINES 100 or 101 <sup>*</sup>	3
BIOL 161 (GN) <sup>††</sup>	3 BIOL 163 (GN) <sup>††</sup>	3
General Education Course (GA or GH or GS)	3 General Education Course (GA or GH or GS)	3
First-Year Seminar	1	
	<b>16</b>	<b>15-16</b>

### Second Year

Fall	Credits Spring	Credits
KINES 100 or 101 <sup>*</sup>	3 ENGL 202C or 202D (GWS) <sup>‡</sup>	3
KINES 202 <sup>*</sup>	3 KINES 200 <sup>*</sup>	3
CHEM 101 or 110 <i>and</i> 111 (CHEM 101 must be taken for 3 credits and is recommended. (GN) <sup>††</sup> )	3-4 KINES 201 <sup>*</sup>	3
General Education Course (GA or GH or GS)	3 KINES 260 <sup>*</sup>	3
General Education Course (GA or GH or GS)	3 KINES 295B <sup>*</sup>	1
	KINES 350 <sup>*</sup>	3
	<b>15-16</b>	<b>16</b>

### Third Year

Fall	Credits Spring	Credits
KINES 345 <sup>*</sup>	3 KINES 321 <sup>*</sup>	3
KINES 356 <sup>*</sup>	3 KINES 341 <sup>*</sup>	3
KINES 360 <sup>*</sup>	3 KINES 384 <sup>*</sup>	3
ECON 102	3 MGMT 301	3
PHYS 150 or 250 (PHYS 150 Recommended) <sup>*</sup>	3-4 MKTG 301	3
	<b>15-16</b>	<b>15</b>

### Fourth Year

Fall	Credits Spring	Credits
KINES 1 - 99	1.5 KINES 1 - 99	1.5
KINES 358 <sup>*</sup>	1 KINES 495C <sup>*</sup>	4
KINES 420 (or 400 Level Equivalent) <sup>*</sup>	3 KINES 457 <sup>*</sup>	3
KINES 456 <sup>*</sup>	4 KINES 492W <sup>*</sup>	3
ACCTG 211	4 General Education Course (GA or GH or GS)	3

General Education Course (GA or GH or GS)	3	
	<b>16.5</b>	<b>14.5</b>

**Total Credits 123-126**

- \* 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.

- <sup>1</sup> The following courses are offered Spring Semester only: KINES 492.
- <sup>2</sup> For students interested in pursuing the Business Minor, the following courses require a grade of C or better: ACCTG 211, ECON 102, MGMT 301, MKTG 301.
- <sup>3</sup> For 400 Level Equivalent, consult adviser for list.

## Exercise Science Option - Science Emphasis: Kinesiology, B.S. at Berks 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 or 30H (GWS) <sup>‡</sup>	3 CAS 100A or 100B (GWS) <sup>‡</sup>	3
MATH 22 (GQ) <sup>‡</sup>	3 STAT 200, 250, or SCM 200 (GQ) <sup>‡</sup>	3-4
NUTR 251 (GHW) <sup>*†</sup>	3 KINES 100 or 101 <sup>*</sup>	3
BIOL 161 (GN) <sup>*†</sup>	3 BIOL 163 (GN) <sup>*†</sup>	3
General Education Course (GA or GH or GS)	3 General Education Course (GA or GH or GS)	3
First-Year Seminar	1	
	<b>16</b>	<b>15-16</b>

### Second Year

Fall	Credits Spring	Credits
KINES 100 or 101 <sup>*</sup>	3 ENGL 202C or 202D (GWS) <sup>‡</sup>	3
KINES 202 <sup>*</sup>	3 KINES 200 <sup>*</sup>	3
CHEM 101 or 110 <i>and</i> 111 (CHEM 101 must be taken for 3 credits and is recommended. (GN)) <sup>*†</sup>	3-4 KINES 201 <sup>*</sup>	3
General Education Course (GA or GH or GS)	3 KINES 260 <sup>*</sup>	3
General Education Course (GA or GH or GS)	3 KINES 295B <sup>*</sup>	1
	KINES 350 <sup>*</sup>	3
	<b>15-16</b>	<b>16</b>

### Third Year

Fall	Credits Spring	Credits
KINES 345 <sup>*</sup>	3 KINES 321 <sup>*</sup>	3
KINES 356 <sup>*</sup>	3 KINES 341 <sup>*</sup>	3
KINES 360 <sup>*</sup>	3 KINES 384 <sup>*</sup>	3
PHYS 150 or 250 <sup>*</sup>	3-4 General Education Course (GA or GH or GS)	3
General Education Course (GA or GH or GS)	3 Emphasis Selection	3
	<b>15-16</b>	<b>15</b>

### Fourth Year

Fall	Credits Spring	Credits
KINES 1 - 99	1.5 KINES 1-99	1.5
KINES 358 <sup>*</sup>	1 KINES 457 <sup>*</sup>	3
KINES 420 (or 400 Level Equivalent) <sup>*</sup>	3 KINES 462W <sup>*</sup>	2
KINES 456 <sup>*</sup>	4 KINES 495C <sup>*</sup>	4
KINES 461W <sup>*</sup>	2 Emphasis Selection	3

Emphasis Selection	3 Emphasis Selection	3
	<b>14.5</b>	<b>16.5</b>

### Total Credits 123-126

- \* 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.

- 1 The following courses fulfill the Writing Across The Curriculum requirement: KINES 461W & 462W.
- 2 The following courses are offered Fall Semester only: KINES 461W.
- 3 The following courses are offered Spring Semester only: KINES 462W.
- 4 For Emphasis Selection, consult adviser for list.
- 5 For 400 Level Equivalent, consult adviser for list.

## Career Paths

A Kinesiology degree can provide many opportunities for students ranging from fulfilling careers in health and wellness to graduate/professional studies in a wide range of allied health professions. The hands-on learning opportunities and internships in the program allow students to build experience, gain professional skills and explore their interests to create a strong foundation for a post-graduation career or in the next step of their education.

## Careers

Kinesiology students have many career options after graduation. Discussion with Kinesiology faculty, an adviser, or professionals in the field through internship experiences 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. The applied learning opportunities in our curriculum give students hands-on experience to work with children and adults to promote health and wellness. Kinesiology graduates are well-rounded and valuable employees with their strong scientific foundation that can be applied to solving problems related to human movement.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE KINESIOLOGY PROGRAM (<https://hhd.psu.edu/kines/career-information/>)

## Opportunities for Graduate Studies

Many students in Kinesiology aim to pursue graduate or professional school after they complete their undergraduate program. Kinesiology students are often interested in careers in physical therapy, athletic training, occupational therapy, physician's assistant, medical school, dentistry, nursing, or chiropractic school. Students may also opt to attend graduate programs in Kinesiology to advance their understanding in one of the sub-disciplines of the field. The Kinesiology undergraduate program includes many of the prerequisite courses needed for a variety of these post-bachelor programs, providing students with a strong scientific foundation for further study.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://explorehealthcareers.org/>)

## 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.nasca.com/>)
- SHAPE: Society of Health and Physical Educators (<https://www.shapeamerica.org/>)
- American Kinesiology Association (<http://www.americankinesiology.org/>)
- PA Department of Education (<https://www.education.pa.gov/Teachers%20-%20Administrators/Curriculum/HealthPhysicalEd/Pages/default.aspx>)

## Contact

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<https://altoona.psu.edu/academics/bachelors-degrees/kinesiology>  
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<http://harrisburg.psu.edu/behavioral-sciences-and-education/kinesiology/bachelor-science-kinesiology> (<http://harrisburg.psu.edu/>)

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### University Park

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<https://hhd.psu.edu/kines/kinesiology-major> (<https://hhd.psu.edu/kines/kinesiology-major/>)