**KINESIOLOGY, B.S. (BERKS)**

**Begin Campus:** Any Penn State Campus  
**End Campus:** Berks

## 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 Movement Science option, and a minimum of 128 credits is required for the Exercise Science option:

### 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](https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44)).

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

- **KINES 100** The Cultural and Behavioral Foundations of Kinesiology  
- **KINES 101** The Biophysical Foundations of Kinesiology  
- **KINES 200** Muscle Training: Physiology, Programs, Techniques  
- **KINES 201** Cardiorespiratory Training for Health and Performance  
- **KINES 267** Fundamental Movement Skills Instruction  
- **KINES 367** Games and Sports Instruction Across the Lifespan  
- **KINES 368** Individual Fitness and Wellness  
- **KINES 401** Applied Group Fitness Exercise Prescription and Program Design  
- **KINES 456** Physical Fitness Appraisal  
- **PSYCH 100** Introductory Psychology

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

Take the following courses with selected emphasis area:

- **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

### Requirements for the Option

- **Applied Exercise and Health Option (60-67 credits)**
  - **Prescribed Courses:** Require a grade of C or better
  - **KINES 384** Biomechanics  
  - **NUTR 251** Introductory Principles of Nutrition

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

- Select 3-4 credits from the following:
  - **CHEM 110** Introductory Chemistry  
  - **CHEM 130** Introduction to General, Organic, and Biochemistry

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

- Select an option

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

- **MATH 250** Calculus I  
- **MATH 260** Calculus II  
- **MATH 261** Calculus III  
- **MATH 262** Linear Algebra and Differential Equations  
- **MATH 263** Linear Algebra and Differential Equations

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

Take the following courses with selected emphasis area:

- **KINES 395A** Ldrshp Prac:Tchrs  
- **KINES 400** Adapted Physical Education  
- **KINES 464** Physical Education Programming and Practicum

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 Suggested Academic Plan for this major.

### Common Requirements for the Major (All Options)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 161</td>
<td>Human Anatomy and Physiology I - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 163</td>
<td>Human Anatomy and Physiology II - Lecture</td>
<td>3</td>
</tr>
<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 200</td>
<td>Functional Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>KINES 295B</td>
<td>Kines Careers &amp; Observation</td>
<td>1</td>
</tr>
<tr>
<td>KINES 321</td>
<td>Psychology of Movement Behavior</td>
<td>3</td>
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<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>
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<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>
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</tbody>
</table>

### Available at the following campuses: University Park

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>CHEM 110</td>
<td>Introductory Chemistry</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 130</td>
<td>Introduction to General, Organic, and Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 130</td>
<td>Introduction to General, Organic, and Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>MATH 100</td>
<td>Introductory Calculus</td>
<td>3</td>
</tr>
<tr>
<td>MATH 150</td>
<td>Technical Physics I</td>
<td>3</td>
</tr>
<tr>
<td>MATH 250</td>
<td>Calculus I</td>
<td>3</td>
</tr>
<tr>
<td>MATH 260</td>
<td>Calculus II</td>
<td>3</td>
</tr>
<tr>
<td>MATH 261</td>
<td>Calculus III</td>
<td>3</td>
</tr>
<tr>
<td>MATH 262</td>
<td>Linear Algebra and Differential Equations</td>
<td>3</td>
</tr>
<tr>
<td>MATH 263</td>
<td>Linear Algebra and Differential Equations</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>
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 495D Programming for Business and Agencies
or KINES 495C 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 Human Anatomy and Physiology II - Laboratory
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

<table>
<thead>
<tr>
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<tbody>
<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>3</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>Introductory Physics I</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
CHEM 106 Introductory and General Chemistry
or 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 courses 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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<td>BIOL 110</td>
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<td>4</td>
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<td>Human Anatomy and Physiology I - Laboratory</td>
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<tr>
<td>BIOL 160</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
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<td>CHEM 111</td>
<td>Experimental Chemistry I</td>
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<td>CHEM 112</td>
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<td>CHEM 113</td>
<td>Experimental Chemistry II</td>
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<td>KINES 395B</td>
<td>Leadership Practicum: KINES</td>
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<tr>
<td>KINES 495B</td>
<td>Field and/or Research Practicum in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
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</table>

Additional Courses:
Additional 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 Ergogenic Aids
KINES 456 Physical Fitness Appraisal
KINES 457 Exercise Prescription and Case Studies
KINES 495C Exercise Science Practicum

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

**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.

| Business Emphasis | 16 |
| Science Emphasis |   |

### 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 ([link](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 ([link](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.