KINESIOLOGY, B.S. (CAPITAL)

Begin Campus: Any Penn State Campus
End Campus: Harrisburg

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.

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/. 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:

<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>0-2</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>100-108</td>
</tr>
</tbody>
</table>
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). 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/#83-80). For more information, check the Recommended Academic Plan for your intended program.

Common Requirements for the Major (All Options)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
</table>
| 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       |
| KINES 384  | Biomechanics                                              | 3       |
| NUTR 251   | Introductory Principles of Nutrition                      | 3       |

Additional Courses: Require a grade of C or better

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
</table>
| 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**

**HPE Certification Emphasis:**

- Take the following required courses with selected emphasis area:  
- Supporting Courses and Related Areas: Require a grade of C or better  

**Supporting Courses and Related Areas**

**Select an option**  
55-67

**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>KINES 395B</td>
<td>Leadership Practicum: KINES</td>
<td></td>
</tr>
<tr>
<td>KINES 421</td>
<td>Exercise Psychology</td>
<td></td>
</tr>
<tr>
<td>KINES 425W</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td>KINES 457</td>
<td>Exercise Prescription and Case Studies</td>
<td></td>
</tr>
<tr>
<td>KINES 485</td>
<td>Science and Practice of Training Athletes</td>
<td></td>
</tr>
<tr>
<td>KINES 495B</td>
<td>Field and/or Research Practicum in Kinesiology</td>
<td></td>
</tr>
<tr>
<td>KINES 495E</td>
<td>Advanced Professional Development in Kinesiology</td>
<td></td>
</tr>
</tbody>
</table>

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 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

**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 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>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>

**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 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

**Additional Courses**

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

<table>
<thead>
<tr>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Principles and Ethics of Coaching</td>
<td></td>
</tr>
</tbody>
</table>

**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:  

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 366</td>
<td>The Process of Teaching Physical Education</td>
<td></td>
</tr>
<tr>
<td>KINES 395A</td>
<td>Ldrshp Prac: Tchr s</td>
<td></td>
</tr>
<tr>
<td>KINES 400</td>
<td>Adapted Physical Education</td>
<td></td>
</tr>
<tr>
<td>KINES 464</td>
<td>Physical Education Programming and Practicum</td>
<td></td>
</tr>
<tr>
<td>KINES 468W</td>
<td>Health Instruction in the School—Content and Method</td>
<td></td>
</tr>
<tr>
<td>KINES 495A</td>
<td>Practicum in Student Teaching</td>
<td></td>
</tr>
<tr>
<td>SPLED 400</td>
<td>Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management</td>
<td></td>
</tr>
</tbody>
</table>
Select an additional 12 credits from approved 400-level KINES courses:

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

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

Exercise Science Option (55-58 credits)
Available at the following campuses: Altoona, Berks, Harrisburg

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<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 260</td>
<td>Research Skills in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 356</td>
<td>Activity and Disease</td>
<td>3</td>
</tr>
<tr>
<td>KINES 358</td>
<td>Ergogenic Aids</td>
<td>1</td>
</tr>
<tr>
<td>KINES 420</td>
<td>Psychosocial Dimensions of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KINES 456</td>
<td>Physical Fitness Appraisal</td>
<td>4</td>
</tr>
<tr>
<td>KINES 457</td>
<td>Exercise Prescription and Case Studies</td>
<td>3</td>
</tr>
<tr>
<td>KINES 495C</td>
<td>Exercise Science Practicum</td>
<td>4</td>
</tr>
</tbody>
</table>

Additional Courses
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 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
Science Emphasis

Program Learning Objectives
- Students will demonstrate personal, professional, and ethical competency within the discipline of kinesiology.
- 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.
- Students will be able define and demonstrate competency for planning and implementing kinesiology-related health, fitness, performance, and behavior change interventions and programs.
- Students will be able to perform assessments of physical activity and fitness.
• 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/)

**Harrisburg**

Rebecca Weiler-Timmins, D.Ed.
Program Coordinator
Educational Activities Building, 0216
Middletown, PA 17057
717-948-6211
rat146@psu.edu

**Berks**

Ben Infantolino
Program Coordinator, Associate Professor
Beaver 114A
Reading, PA 19610
610-396-6153
bwi100@psu.edu

**Altoona**

Tracey J. Elkin, M.Ed.
Program Coordinator
202 Adler Athletic Complex
3000 Ivyside Park
Altoona, PA 16601
814-949-5687
tje10@psu.edu

**University Park**

Sarah Milito
Lead Academic Adviser
270 Recreation Building
University Park, PA 16802
814-863-4493
sjb176@psu.edu

**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 Harrisburg 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>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 161†</td>
<td>3</td>
<td>CAS 100‡</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 15 or 30H‡</td>
<td>3</td>
<td>STAT 200†</td>
<td>4</td>
</tr>
<tr>
<td>MATH 22‡</td>
<td>3</td>
<td>KINES 101*</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 251 (GHA)†</td>
<td>3</td>
<td>BIOL 163†</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>General Education Course</td>
<td>3</td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td></td>
<td></td>
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</tbody>
</table>

**Second Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 100*</td>
<td>3</td>
<td>ENGL 202C or 202D‡</td>
<td>3</td>
</tr>
<tr>
<td>KINES 200*</td>
<td>3</td>
<td>KINES 201*</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 101 or 110 and 111†</td>
<td>3-4</td>
<td>KINES 202*</td>
<td>3-4</td>
</tr>
<tr>
<td>PHYS 150 (and PHYS 250/PHYS 250P)†</td>
<td>3</td>
<td>KINES 260</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>KINES 295B*</td>
<td>1</td>
</tr>
<tr>
<td><strong>15-16</strong></td>
<td><strong>16-17</strong></td>
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<td></td>
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</tbody>
</table>

**Third Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>KINES 345*</td>
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<td>KINES 321*</td>
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<tr>
<td>KINES 356*</td>
<td>3</td>
<td>KINES 350*</td>
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<td>KINES 360*</td>
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<td>KINES 384*</td>
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<tr>
<td>ECON 102</td>
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<td>KINES 456*</td>
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**Fourth Year**

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<td>KINES 1 - 99*</td>
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<td>KINES 4XX</td>
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<td>KINES 492W</td>
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<td>KINES 358*</td>
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<td>KINES 495C</td>
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<td>KINES 457*</td>
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<td>ACCTG 211</td>
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<tr>
<td>MGMT 301 or MKTG 301</td>
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<td>MGMT 301 or MKTG 301</td>
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</table>

Total Credits 123-125

* 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
CHEM 101 for three (3) credits recommended, but not required. If CHEM 101 is taken, then it must be for three (3) credits.

PHYS 150L & 150P are prerequisites for KINES 384 Biomechanics.

The following courses are 'C' required for the Business Minor:
- ECON 102
- MGMT 301
- MKTG 301
- ACCTG 211

KINES 420 is offered fall semester only.
KINES 492W is offered spring semester only.

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 Science Option - Science Emphasis: Kinesiology, B.S. at Harrisburg 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>Fall</th>
<th>Credits</th>
<th>Spring</th>
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<tbody>
<tr>
<td>BIOL 161†</td>
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<td>BIOL 163†</td>
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<tr>
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<td>STAT 200†</td>
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<td>NUTR 251†</td>
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<td>KINES 101*</td>
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### Second Year

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<td>ENGL 202C‡</td>
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<td>KINES 200*</td>
<td>3</td>
<td>KINES 201*</td>
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<tr>
<td>CHEM 101, 110, or 111†</td>
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<td>KINES 202*</td>
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<td>PHYS 150 or 250†</td>
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<td>KINES 260*</td>
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<td>KINES 295B†</td>
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<td>KINES 341*</td>
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### Third Year

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<tr>
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<td>KINES 457†</td>
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<td>Emphasis Selection</td>
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### 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 graduate 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.nsca.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

Harrisburg
SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION
Educational Activities Building, 0216
Middletown, PA 17057
717-948-6742
rlp26@psu.edu


Altoona
DEPARTMENT OF KINESIOLOGY
202 Adler Athletic Complex
3000 Ivyside Park
Altoona, PA 16601
814-949-5687
tje10@psu.edu

https://altoona.psu.edu/academics/bachelors-degrees/kinesiology/

Berks
SCIENCE DIVISION
Beaver Building
Reading, PA 19610
610-396-6153
bwi100@psu.edu

http://berks.psu.edu/bs-kinesiology/

University Park
DEPARTMENT OF KINESIOLOGY
276 Recreation Building
University Park, Pa 16802
814-863-0442

kinesundergrad@psu.edu

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