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 (offered only at Penn State Berks). 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 http://www.hhdev.psu.edu/kines/index.html.

Students who have completed a minimum of 28 credits and have a 2.00 cumulative grade-point average are eligible for entrance into the major after completing an Entrance to Major form.

Applied Exercise and Health Option

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 http://www.hhdev.psu.edu/kines/undergraduate/physical-health-education. 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

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

(Offered only at Penn State Altoona, Penn State Berks, and Penn State 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 in the Business Emphasis can obtain a Business Minor through this program. 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 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 (http://www.nationalacademyofkinesiology.org/what-is-kinesiology)

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

In order to be eligible for entrance to this major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
2. have third-semester classification (http://www.registrar.psu.edu/registration/semester_classification.cfm).

READ SENATE POLICY 37-30: ENTRANCE TO AND CHANGES IN MAJOR PROGRAMS OF STUDY (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/37-00-entrance-to-a-college-or-major)

Degree Requirements

<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>95-107</td>
</tr>
</tbody>
</table>
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 (http://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

18-27 of these credits are included in the Requirements for the Major.

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

This includes 18-27 credits of General Education courses: 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.

To graduate, a student enrolled in the major must earn a grade of C or better 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)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescribed Courses: Require a grade of C or better</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 141</td>
<td>Introductory Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 202</td>
<td>Functional Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>KINES 321</td>
<td>Psychology of Movement Behavior</td>
<td>3</td>
</tr>
<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>
</tr>
<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>
</tr>
<tr>
<td>KINES 384</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Courses

Additional Courses: Require a grade of C or better

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 100</td>
<td>The Cultural and Behavioral Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>or KINES 141</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 180</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>
**Applied Exercise and Health Option (60-64 credits)**

### Requirements for the Option

**ACSM/NSCA Certification Emphasis:**

- Select one of the following emphasis areas:
  - Supporting Courses and Related Areas: Require a grade of C or better

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

- **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
  - **SPLED 400** Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management
  - **KINES 495A** Practicum in Student Teaching

- **ACSM/NSCA Certification Emphasis:**
  - Select an option

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

- **PHYS 150** Technical Physics I
- **PHYS 250** Introductory Physics I
- **STAT 200** Elementary Statistics
- **STAT 250** Introduction to Biostatistics
- **SCM 200** Introduction to Statistics for Business

- **Additional Courses:**
  - **KINES 395** Leadership Practicum for Applied Exercise and Health Careers
  - **KINES 421** Exercise Psychology
  - **KINES 425W** Physical Activity in Diverse Populations
  - **KINES 427** Physical Activity in Diverse Populations

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

- **KINES 295B** Careers/Observations in Kinesiology
- **PHYS 10** Introductory Physics I
- **PHYS 267** Plane Trigonometry (or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 26)

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

- **PHYS 251** Introductory Physics II
- **PHYS 252** Field and/or Research Practicum in Kinesiology
- **KINES 395B** Field and/or Research Practicum in Kinesiology

### Additional Courses

- Select 3-4 credits of the following:
  - **PHYS 150** Technical Physics I
  - **PHYS 250** Introductory Physics I
  - **STAT 200** Elementary Statistics
  - **STAT 250** Introduction to Biostatistics
  - **SCM 200** Introduction to Statistics for Business

### Applied Exercise and Health Option (60-64 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 295B</td>
<td>Careers/Observations in Kinesiology</td>
<td>1</td>
</tr>
<tr>
<td>or KINES 295</td>
<td>Introduction into Careers</td>
<td></td>
</tr>
<tr>
<td>PHYS 150</td>
<td>Technical Physics I</td>
<td>3-4</td>
</tr>
<tr>
<td>or PHYS 250</td>
<td>Introductory Physics I</td>
<td></td>
</tr>
</tbody>
</table>

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

- **Select one of the following emphasis areas:**
  - **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
  - **SPLED 400** Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management
  - **KINES 495A** Practicum in Student Teaching

- **ACSM/NSCA Certification Emphasis:**
  - Select an option

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

- **KINES 395** Leadership Practicum for Applied Exercise and Health Careers
- **KINES 421** Exercise Psychology
- **KINES 425W** Physical Activity in Diverse Populations

### Additional Courses

- **KINES 427** Developmental Sport & Exercise Psychology
- **KINES 428** Physical Activity Interventions
- **KINES 429** Psychology of Sport Performance
- **KINES 439W** Ethics in Sport and Sport Management
- **KINES 440** Field and/or Research Practicum in Kinesiology
### Exercise Science Option (54-56 credits)

**Prescribed Courses**

<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>6</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 22</td>
<td>College Algebra II and Analytic Geometry (or Satisfactory performance on the MATH placement examination -- i.e., placement beyond the level of MATH 22)</td>
<td>3</td>
</tr>
</tbody>
</table>

**Supporting Courses and Related Areas**

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

### Exercise Science Practicum

- Exercise Prescription and Case Studies
- Physical Fitness Appraisal
- Psychosocial Dimensions of Physical Activity
- Ergogenic Aids
- Scientific Basis of Exercise for Older Adults
- Rehabilitation
- Performance
- Muscle Training: Physiology, Programs, Techniques
- Cardiorespiratory Training for Health and Performance
- Research Skills in Kinesiology
- Activity and Disease
- Ergogenic Aids
- Psychosocial Dimensions of Physical Activity
- Physical Fitness Appraisal
- Exercise Prescription and Case Studies
- Exercise Science Practicum

### 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 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 need to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy)

---

1. At least 3 credits must be at the 400 level.
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
Instructor, Kinesiology
Linden Building 202
3000 Ivyside Park
Altoona, PA 16601
814-949-5687
tje10@psu.edu

University Park
Elizabeth (Lisa) Myers
Coordinator of the Kinesiology Advising Center/Academic Adviser
270 Recreation Park Building
University Park, PA 16802
814-863-4493
kinesadvisingctr@psu.edu

Suggested Academic Plan

Harrisburg Campus

Exercise Science Option - Business Emphasis
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 Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15 or 30†</td>
<td>3CAS 100‡</td>
<td>3</td>
</tr>
<tr>
<td>MATH 22††</td>
<td>3STAT 200††</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 251 (GHA)**‡</td>
<td>3KINES 101*</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3BIOL 141**†</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3General Education Course</td>
<td>3</td>
</tr>
</tbody>
</table>

15  16

Second Year

<table>
<thead>
<tr>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 100*</td>
<td>3ENGL 202C or 202D‡</td>
<td>3</td>
</tr>
<tr>
<td>KINES 200*</td>
<td>3KINES 201*</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 101 or 110 and 111††</td>
<td>3-4KINES 202*</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 150 (and PHYS 250/PHYS 250P)**†</td>
<td>3KINES 260*</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3KINES 295B*</td>
<td>1</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3KINES 341*</td>
<td>3</td>
</tr>
</tbody>
</table>

15-16  17

Third Year

<table>
<thead>
<tr>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 345*</td>
<td>3KINES 321*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 356*</td>
<td>3KINES 350*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 360*</td>
<td>3KINES 384*</td>
<td>3</td>
</tr>
<tr>
<td>ECON 102</td>
<td>3KINES 456*</td>
<td>4</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3KINES 495C*</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>

Fourth Year

<table>
<thead>
<tr>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 1 - 99*</td>
<td>1.5KINES 1 - 99*</td>
<td>1.5</td>
</tr>
<tr>
<td>KINES 358*</td>
<td>1KINES 492W*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 420*</td>
<td>3KINES 495C*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 457*</td>
<td>3ACCTG 211</td>
<td>4</td>
</tr>
<tr>
<td>MGMT 301 or MKTG 301</td>
<td>3MGMT 301 or MKTG 301</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

| | | 14.5 |

Total Credits 123-124

* 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

1 CHEM 101 for three (3) credits recommended, but not required. If CHEM 101 is taken, then it must be for three (3) credits.
2 PHYS 150L & 150P are prerequisites for KINES 384 Biomechanics
3 The following courses are ‘C’ required for the Business Minor
   • ECON 102
   • MGMT 301
   • MKTG 301
   • ACCTG 211
4 KINES 420 is offered fall semester only
5 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

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.

<table>
<thead>
<tr>
<th>First Year</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15 or 30†</td>
<td>3</td>
<td>CAS 100†</td>
</tr>
<tr>
<td>MATH 22††</td>
<td>3</td>
<td>STAT 200††</td>
</tr>
<tr>
<td>NUTR 251††</td>
<td>3</td>
<td>KINES 101*</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>BIOL 141††</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>General Education Course</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Year</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 100*</td>
<td>3</td>
<td>ENGL 202C†</td>
</tr>
<tr>
<td>KINES 200*</td>
<td>3</td>
<td>KINES 201*</td>
</tr>
<tr>
<td>CHEM 101, 110, or 111†</td>
<td>3</td>
<td>KINES 202*</td>
</tr>
<tr>
<td>PHYS 150 or 250††</td>
<td>3-4</td>
<td>KINES 260*</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>KINES 295B*</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>KINES 341*</td>
</tr>
<tr>
<td>15-16</td>
<td>17</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Third Year</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 345*</td>
<td>3</td>
<td>KINES 321*</td>
</tr>
<tr>
<td>KINES 356*</td>
<td>3</td>
<td>KINES 350*</td>
</tr>
<tr>
<td>KINES 360*</td>
<td>3</td>
<td>KINES 384*</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>KINES 456*</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>KINES 495C*</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fourth Year</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 1 - 99*</td>
<td>3</td>
<td>KINES 462*</td>
</tr>
<tr>
<td>KINES 358</td>
<td>1</td>
<td>KINES 495C*</td>
</tr>
<tr>
<td>KINES 420*</td>
<td>3</td>
<td>Emphasis Selection</td>
</tr>
<tr>
<td>KINES 457*</td>
<td>3</td>
<td>Emphasis Selection</td>
</tr>
<tr>
<td>KINES 461*</td>
<td>2</td>
<td>Emphasis Selection</td>
</tr>
<tr>
<td>Emphasis Selection</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>14</td>
<td></td>
</tr>
</tbody>
</table>

Total Credits 123-124

* 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
1 CHEM 101
Chem 110 & 111 recommended, but not required. If CHEM 101 is taken, then is must be for three (3) credits.

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.

Career Paths

Careers

Kinesiology students have many career options after graduation. Discussion with an adviser, Kinesiology faculty, or professionals in the field 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. Our applied options give students hands-on experience to work with children and adults to promote health and wellness. Kinesiology students are valuable employees, with their strong scientific background that they can apply to solving problems related to human movement.

Opportunities for Graduate Studies

Many students in Kinesiology are looking to attend graduate or professional school after they complete their undergraduate program. Kinesiology students are often interested in careers in physical therapy, occupational therapy, physician’s assistant, medical school, dentistry, nursing, or chiropractic school. The Kinesiology undergraduate program includes many of the prerequisite courses needed for many of these post-bachelor programs, providing students with a strong scientific foundation for further study.

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 (http://www.education.pa.gov/Teachers-%20-%20Administrators/Curriculum/Pages/Health--Physical-Education.aspx)

Contact

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

http://harrisburg.psu.edu/behavioral-sciences-and-education/kinesiology/bachelor-science-kinesiology

Altoona
DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES
Hawthorn Building 123
3000 Ivyside Park
Altoona, PA 16601
814-949-5687
tje10@psu.edu

http://altoona.psu.edu/academics/bachelors-degrees/kinesiology/request-information

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

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