KINESIOLOGY, B.S. (HEALTH AND HUMAN DEVELOPMENT)

Begin Campus: Any Penn State Campus
End Campus: University Park

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.

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
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/applied-exercise-and-health-option. The completion of the Applied Exercise and Health Option will prepare students to work in the private or corporate fitness arena, 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

(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 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 ABOUT KINESIOLOGY (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
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 and Entrance to Major form.

Degree Requirements
For the Bachelor of Science degree in Kinesiology a minimum of 120 credits is required:

<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>0-5</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>89-108</td>
</tr>
</tbody>
</table>
15-27 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--6 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 (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

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
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>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 202</td>
<td>Functional Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>KINES 295B</td>
<td>Careers/Observations in Kinesiology</td>
<td>1</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>
<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Courses
Additional Courses: Require a grade of C or better
Select 3-6 credits from:

- BIOL 141 | Introductory Physiology                                              | 3-6     |
Kinesiology, B.S. (Health and Human Development)

BIOL 161 Human Anatomy and Physiology I - Lecture
BIOL 163 Human Anatomy and Physiology II - Lecture
Select 3-4 credits of the following: 3-4
  SCM 200 Introduction to Statistics for Business
  STAT 200 Elementary Statistics
  STAT 250 Introduction to Biostatistics
Requirements for the Option
Select an option 52-67

Requirements for the Option
Applied Exercise and Health Option (60-67 credits)
Available at the following campuses: University Park

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

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

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 495E: Programming for Business and Agencies or KINES 495G: Principles and Ethics of Coaching
KINES 457 Exercise Prescription and Case Studies
KINES 485 Science 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 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

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

Additional Courses
Select an additional 12 credits from approved 400-level KINES courses:
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 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 443 The Modern Olympic Games
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 458 Introduction to Electrocardiogram Interpretation
KINES 459 Exercise Prescription and Case Studies
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 481W Scientific Basis of Exercise for Older Adults
KINES 483 Motor Patterns of Children
KINES 484 Advanced Biomechanics
KINES 485 Science of Training Athletes
KINES 488 Mechanics of Locomotion
KINES 492W Programming for Business and Agencies
KINES 493W Principles and Ethics of Coaching
KINES 493 Principles and Ethics of Coaching
KINES 495E Advanced Professional Development in Kinesiology
KINES 499 Foreign Studies

Additional Courses: Require a grade of C or better
CHEM 106 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
Select 9 credits in University-wide offerings from an approved list, in consultation with adviser

Exercise Science Option (52-54 credits)
Available at the following campuses: Altoona, Berks, Harrisburg

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

### University Park

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

### Altoona

Tracey J. Elkin  
Instructor, Kinesiology  
Linden Building 202  
3000 Ivyside Park  
Altoona, PA 16601  
814-949-5687  
tje10@psu.edu

### Berks

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

### Harrisburg

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

### Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2019-20 academic year. To access previous years’ suggested academic plans, please visit the archive (http://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).

### Applied Exercise Health Option - Health and Physical Education Certificate Emphasis at University Park 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>ENGL 15, 30, or ESL 15†</td>
<td>3</td>
<td>CAS 100A, 100B, or 100C‡</td>
<td>3</td>
</tr>
<tr>
<td>KINES 101*</td>
<td>3</td>
<td>CHEM 101 or 130†</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 161†</td>
<td>3</td>
<td>KINES 100*</td>
<td>3</td>
</tr>
<tr>
<td>MATH 26*†</td>
<td>3</td>
<td>KINES 295 or 295B*</td>
<td>1</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td>STAT 200, 250, or SCM 200 †</td>
<td>3-4</td>
</tr>
<tr>
<td>PSU First-Year Seminar</td>
<td>1</td>
<td>General Education Course†</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16</td>
<td>16-17</td>
<td></td>
</tr>
</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 200*</td>
<td>3</td>
<td>KINES 201*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 202*</td>
<td>3</td>
<td>BIOL 163*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 267*</td>
<td>3</td>
<td>NUTR 251*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 341*</td>
<td>3</td>
<td>PHYS 250 or 150*†</td>
<td>3-4</td>
</tr>
<tr>
<td>KINES 345*</td>
<td>3</td>
<td>PSYCH 100†</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>16</td>
<td>15-16</td>
</tr>
</tbody>
</table>

#### Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDPSY 10†</td>
<td>3</td>
<td>CI 280†</td>
<td>3</td>
</tr>
<tr>
<td>KINES 321*</td>
<td>3</td>
<td>ENGL 202A, 202B, 202C, or 202D (ENGL 202A or 202D Suggested)†</td>
<td>3</td>
</tr>
<tr>
<td>KINES 350*</td>
<td>3</td>
<td>KINES 360*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 367*</td>
<td>3</td>
<td>KINES 384*</td>
<td>3</td>
</tr>
<tr>
<td>KINES 368*</td>
<td>2</td>
<td>KINES 456*</td>
<td>4</td>
</tr>
<tr>
<td>KINES 401*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>15</td>
<td>16</td>
</tr>
</tbody>
</table>

#### Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 366*</td>
<td>3</td>
<td>KINES 495A*</td>
<td>12</td>
</tr>
<tr>
<td>KINES 395A*</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 400*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 464*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 468W*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPLED 400*</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>12</td>
<td></td>
</tr>
</tbody>
</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

### 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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL/CAS 137 in the fall semester and ENGL/CAS 138 in the spring semester. These courses carry the GWS designation and replace both ENGL 30 and CAS 100. Each course is 3 credits.

**Advising Notes:**

Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (http://bulletins.psu.edu/undergraduate/general-education/integrative-studies) (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

**Program Notes:** The HPE Certificate student teaching application is due in the middle of the 6th semester. Prior to student teaching in the 8th semester, students will need a 3.0 CGPA and passing PDE test scores.

**NOTE:** The Kinesiology/AEH Academic Requirements takes precedence over the Suggested Academic Plan for graduation requirements.

**Limitations on Source and Time for Credit Acquisition:** In accordance with Policy 83-80.5, the Department of Kinesiology requires at least 24 credits of prescribed coursework in the major to be completed at the location or in the college or program where the degree is earned. World Campus courses may not be counted toward this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B for the Movement Science Option; ATHTR 495C for the Athletic Training Major; and KINES 495C for the Exercise Science Option.

1 Select from the approved literature list at: http://ed.psu.edu/current-students/undergrad/academic-programs-1/literature.

**Applied Exercise Health Option - American College of Sports Medicine/National Strength and Conditioning Association Certificate Emphasis at University Park 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>Semester</th>
<th>Course</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>ENGL 15, 30, or ESL 15†</td>
<td>3</td>
<td>CAS 100A, 100B, or 100C†</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KINES 101†</td>
<td>3</td>
<td>CHEM 101 or 130††</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Year</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 200*</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>KINES 202*</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>KINES 267*</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>KINES 341*</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>KINES 345*</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Third Year</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDPSY 10††</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>KINES 321*</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>KINES 367*</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>KINES 368*</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>KINES 350*</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>KINES 401*</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fourth Year</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 360*</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>KINES 395B*</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>KINES 457*</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>KINES 485*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KINES 492W*</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

Total Credits: 119-121

* 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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL/CAS 137 in the fall semester and ENGL/CAS 138 in the spring semester. These courses carry the GWS designation and replace both ENGL 30 and CAS 100. Each course is 3 credits.

Advising Notes:
Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (http://bulletins.psu.edu/undergraduate/general-education/integrative-studies) (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

PROGRAM NOTES: The HPE Certificate student teaching application is due in the middle of the 6th semester. Prior to student teaching in the 8th semester, students will need a 3.0 CGPA and passing PDE test scores.

The Kinesiology/AEH Degree Audit takes precedence over the Suggested Academic Plan for graduation requirements.

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires at least 24 credits of prescribed coursework in the major to be completed at the location or in the college or program where the degree is earned. World Campus courses may not be counted toward this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B for the Movement Science Option; ATHTR 495C for the Athletic Training Major; and KINES 495C for the Exercise Science Option.

Movement Science Option at University Park 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>ENGL 15, 30, or ESL 15 †</td>
<td>3</td>
<td>KINES 101 †</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100 †</td>
<td>3</td>
<td>BIOL 163 †</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 161 †</td>
<td>3</td>
<td>BIOL 164 †</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 162 †</td>
<td>1</td>
<td>General Education Course</td>
<td>3</td>
</tr>
<tr>
<td>MATH 26 †</td>
<td>3</td>
<td>General Education Course</td>
<td>3</td>
</tr>
<tr>
<td>PSU First-Year Seminar</td>
<td>1</td>
<td>NUTR 251 †</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>14</strong></td>
<td></td>
<td><strong>16</strong></td>
</tr>
</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>KINES 202 †</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 110 †</td>
<td>3</td>
<td>KINES 295B or 295 †</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 111 †</td>
<td>1</td>
<td>KINES 321 †</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>17</strong></td>
<td></td>
<td><strong>14</strong></td>
</tr>
</tbody>
</table>

### Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 350 †</td>
<td>3</td>
<td>KINES 345 †</td>
<td>3</td>
</tr>
<tr>
<td>KINES 395B †</td>
<td>1</td>
<td>KINES 360 †</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 250 †</td>
<td>4</td>
<td>KINES 400-level †</td>
<td>3</td>
</tr>
<tr>
<td>KINES 341 †</td>
<td>3</td>
<td>PHYS 251 †</td>
<td>4</td>
</tr>
<tr>
<td>Supporting Course (Suggest Graduate School Prerequisite) †</td>
<td>3</td>
<td>Supporting Course (Suggest Graduate School Prerequisite) †</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>17</strong></td>
<td></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>

### Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 200, 250, or SCM 200 †</td>
<td>3-4</td>
<td>KINES 495B †</td>
<td>3</td>
</tr>
<tr>
<td>KINES 400-level †</td>
<td>3</td>
<td>KINES 400-level †</td>
<td>3</td>
</tr>
<tr>
<td>KINES 384 †</td>
<td>3</td>
<td>Supporting Course (Suggest Graduate School Prerequisite) †</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>15-16</strong></td>
<td></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>

Total Credits 121-122

* 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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL/CAS 137 in the fall semester and ENGL/CAS 138 in the spring semester. These courses carry the GWS designation and replace both ENGL 30 and CAS 100. Each course is 3 credits.
Advising Notes:
Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (http://bulletins.psu.edu/undergraduate/general-education/integrative-studies) (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

The Kinesiology/MOVSC Degree Audit takes precedence over the Suggested Academic Plan for graduation requirements.

LIMITATION on SOURCE & TIME for CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires that a minimum of 24 credits of prescribed major coursework be completed at the location or in the college or program where the degree is earned. World Campus courses may not count towards this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B in Movement Science: ATHTR 495C in Athletic Training: KINES 495B in AEH (ACSM/NSCA Certification Emphasis).

Movement Science Option at Commonwealth Campuses
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>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15, 30, or ESL 15†</td>
<td>3 CHEM 110 or 106**</td>
<td>3-5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCH 100†</td>
<td>3 CHEM 111†</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 141†</td>
<td>3 General Education Course1</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 142†</td>
<td>1 General Education Course</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MATH 26†</td>
<td>3 General Education Course</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSU First-Year Seminar</td>
<td>1 Supporting Course (suggest graduate school prerequisite)†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>**</td>
<td>**</td>
<td>**</td>
<td>**</td>
<td>**</td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>16-18</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Year</th>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAS 100A, 100B, or 100C†</td>
<td>3 PHYS 251**</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM 112†</td>
<td>3 STAT 200, 250, or SCM 200**</td>
<td>3-4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fourth Year</th>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 360*</td>
<td>3 KINES 495B*</td>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 384*</td>
<td>3 KINES 400-level2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 425W, 439W, 447W, 481W, or 492W</td>
<td>3 KINES 400-level2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 400-level2</td>
<td>3</td>
<td>18-20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 400-level2</td>
<td>3</td>
<td>18-20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

** | 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.

<table>
<thead>
<tr>
<th>Third Year</th>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 110†</td>
<td>4 KINES 321*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 100*</td>
<td>3 KINES 341*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 101*</td>
<td>3 KINES 345*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 202*</td>
<td>3-4 KINES 350†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 295B or 295†</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

** | Course satisfies General Education and degree requirement
† | Course satisfies General Education and degree requirement
‡ | Course is an Entrance to Major requirement
‡ | Course requires a grade of C or better for General Education
Note:
Each campus will need to adjust the semester course schedule planning according to their course offerings.

The Kinesiology/MOVSC Degree Audit takes precedence over the Suggested Academic Plan for graduation requirements.

Advising Notes:
Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (http://bulletins.psu.edu/undergraduate/general-education/integrative-studies) (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

LIMITATION on the number of TRANSFER COURSES used for KINES 300-Level Core: A limit of two courses (6 credits) can be transferred into Penn State and applied to graduation requirements for both KINES and Athletic Training majors. KINES 300-level courses include KINES 321, 341, 345, 350, 360 & 384.

LIMITATIONS on SOURCE & TIME for CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires that a minimum of 24 credits of prescribed major coursework be completed at the location or in the college or program where the degree is earned. World Campus courses may not count towards this 24 credit minimum. The 24 credits include the capstone course in the major KINES 495B in Movement Science; ATHTR 495C in Athletic Training; KINES 495B in AEH (ACSM/NSCA Certification Emphasis).

The Kinesiology MOVCS Degree Audit (LionPATH: Academic Record) is the official student record for graduation purposes. The Suggested Academic Plan is a tool for student usage, not an official university record.

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.

More Information About Opportunities for Graduate Studies (http://science.psu.edu/premed/advising)

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-%20Administrators/Curriculum/Pages/Health--Physical-Education.aspx)

Contact
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

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

Harrisburg
SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION
Kinesiology, B.S. (Health and Human Development)

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