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

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

Program Description
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. 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 select 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) health and physical education; a series of courses and student teaching leading to teacher certification. 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 in the Business Emphasis acquire basic business skills in accounting, marketing.