

# KINESIOLOGY, MINOR

Requirements for a minor may be completed at any campus location offering the specified courses for the minor. Students may not change from a campus that offers their major to a campus that does not offer their major for the purpose of completing a minor.

## 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>)

MORE INFORMATION ABOUT THE UNDERGRADUATE CORE IN KINESIOLOGY (<http://www.americankinesiology.org/SubPages/Pages/The%20Undergraduate%20Core>)

## 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, or in a corporate office.

## Program Requirements

Requirement	Credits
Requirements for the Minor	18-19

Students in the Athletic Training Major are not permitted to obtain a Kinesiology Minor.

## Requirements for the Minor

A grade of C or better is required for all courses in the minor, as specified by Senate Policy 59-10 (<http://senate.psu.edu/policies-and-rules-for-undergraduate-students/59-00-minors-and-certificates/#59-10>).

Code	Title	Credits
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
Select 6-7 credits of the following:		6-7
KINES 100	The Cultural and Behavioral Foundations of Kinesiology	
KINES 101	The Biophysical Foundations of Kinesiology or KINES 180	
KINES 202	Functional Human Anatomy	
<b>Supporting Courses and Related Areas</b>		
<i>Supporting Courses and Related Areas: Require a grade of C or better</i>		
Select 12 credits from approved list, 6 credits must be at the 400-level. <sup>1</sup>		12

KINES 100	The Cultural and Behavioral Foundations of Kinesiology
KINES 101	The Biophysical Foundations of Kinesiology or KINES 180
KINES 202	Functional Human Anatomy
KINES 321	Psychology of Movement Behavior
KINES 341	The Historical, Cultural, and Social Dynamics of Sport
KINES 345	Meaning, Ethics, and Movement
KINES 350	Exercise Physiology
KINES 360	The Neurobiology of Motor Control and Development
KINES 384	Biomechanics
KINES 410	Physical Growth and Motor Development
KINES 411	Introduction to Musculoskeletal Injury and Rehabilitation
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 444	History of Athletics in Higher 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 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 493	Principles and Ethics of Coaching

<sup>1</sup> Exclude:

- EMT Courses - KINES 303, KINES 304, KINES 403, KINES 404.
- Internship Courses – KINES 495A, KINES 495B, KINES 495C, and KINES 495D and KINES 203, KINES 296 and KINES 496.

## 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 Park Building  
University Park, PA 16802  
814-863-4493  
[sjb176@psu.edu](mailto:sjb176@psu.edu)

### Berks

**Ben Infantolino**

Program Coordinator, Associate Professor  
Beaver 114A  
Reading, PA 19610  
610-396-6153  
[bwi100@psu.edu](mailto:bwi100@psu.edu)

## Career Paths

### Careers

Students with a Kinesiology minor 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 minor 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 minor students are valuable employees, with their strong scientific background that they can apply to solving problems related to human movement.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES WITH A MINOR IN KINESIOLOGY (<http://hhd.psu.edu/kines/undergraduate/career>)

### Opportunities for Graduate Studies

Many students in the Kinesiology minor are looking to attend graduate or professional school after they complete their undergraduate program. Kinesiology minor students are often interested in careers in physical

therapy, occupational therapy, physician's assistant, medical school, dentistry, nursing, or chiropractic school. The Kinesiology undergraduate minor program can include a strong scientific foundation for further study in these fields.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<http://science.psu.edu/premed/advising>)

## Contact

### University Park

DEPARTMENT OF KINESIOLOGY  
276 Recreation Building  
University Park, Pa 16802  
814-863-0442  
[kinesundergrad@psu.edu](mailto:kinesundergrad@psu.edu)

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

### Berks

SCIENCE DIVISION  
Luerssen Science Building  
Reading, PA 19610  
610-396-6153  
[bwi100@psu.edu](mailto:bwi100@psu.edu)