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

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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
Additional Courses: Require a grade of C or better
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

Supporting Courses and Related Areas
Supporting Courses and Related Areas: Require a grade of C or better
Select 12 credits from approved list, 6 credits must be at the 400-level: 12

KINES 100 The Cultural and Behavioral Foundations of Kinesiology
KINES 101 The Biophysical Foundations of Kinesiology
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
KINES 444
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
1 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)

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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)

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

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