# 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 [here](http://www.nationalacademyofkinesiology.org/what-is-kinesiology)

More information about the undergraduate core in kinesiology [here](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

<table>
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<tr>
<th>Requirement</th>
<th>Credits</th>
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<td>Requirements for the Minor</td>
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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 |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>KINES 100</td>
<td>The Cultural and Behavioral Foundations of Kinesiology</td>
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<tr>
<td>KINES 101</td>
<td>The Biophysical Foundations of Kinesiology or KINES 180</td>
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<tr>
<td>KINES 202</td>
<td>Functional Human Anatomy</td>
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### Additional Courses: Require a grade of C or better

Select 6-7 credits of the following:

- 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: Require a grade of C or better

Select 12 credits from approved list, 6 credits must be at the 400-level:

- 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 300: Exercise Physiology
- KINES 310: The Neurobiology of Motor Control and Development
- KINES 384: Biomechanics
- KINES 400: Physical Activity in Diverse Populations
- 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: 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 488: Mechanics of Locomotion
- KINES 492W: Programming for Business and Agencies
- KINES 493: Principles and Ethics of Coaching

1. 6 credits must be at the 400-level.
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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