

KINESIOLOGY, B.S. (ALTOONA)

Begin Campus: Any Penn State Campus

End Campus: Altoona

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> (<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, management and entrepreneurial skills. Students choosing the Science Emphasis will select courses from a department list, including courses

in basic science, social science, exercise and health sciences, and other related coursework, that will enhance their opportunity for graduate studies in fields related to Kinesiology and allied health, such as physical therapy, athletic training, and medicine. The completion of the Exercise Science Option will enable graduates to compete for employment in private, corporate, or community-based fitness organizations, in hospital or university settings, and be prepared to apply for graduate programs in allied health fields.

What is Kinesiology?

Kinesiology refers to the study of human movement. This interdisciplinary field of study focuses on physical activity, movement and sport 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 (<https://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

In order to be eligible for entrance to this major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
2. have at least third-semester classification (<https://www.registrar.psu.edu/enrollment/semester-classification.cfm>).

READ SENATE POLICY 37-30: ENTRANCE TO AND CHANGES IN MAJOR PROGRAMS OF STUDY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/37-00-entrance-to-a-college-or-major/>)

Degree Requirements

For the Bachelor of Science degree in Kinesiology a minimum of 120 credits is required for the Applied Exercise Health option, a minimum of 120 credits is required for the Movement Science option, and a minimum of 122 credits is required for the Exercise Science option:

| Requirement | Credits |
|----------------------------|---------|
| General Education | 45 |
| Electives | 0-16 |
| Requirements for the Major | 80-108 |

18-27 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 - 9 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 Suggested Academic Plan for this major.

Requirements for the Major

A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://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)

| Code | Title | Credits |
|--|--|---------|
| Prescribed Courses | | |
| <i>Prescribed Courses: Require a grade of C or better</i> | | |
| BIOL 161 | Human Anatomy and Physiology I - Lecture | 3 |
| BIOL 163 | Human Anatomy and Physiology II - Lecture | 3 |
| KINES 100 | The Cultural and Behavioral Foundations of Kinesiology | 3 |
| KINES 101 | The Biophysical Foundations of Kinesiology | 3 |
| KINES 202 | Functional Human Anatomy | 3 |
| KINES 295B | Kines Careers & Observation | 1 |
| KINES 321 | Psychology of Movement Behavior | 3 |
| KINES 341 | The Historical, Cultural, and Social Dynamics of Sport | 3 |
| KINES 345 | Meaning, Ethics, and Movement | 3 |
| KINES 350 | Exercise Physiology | 3 |
| KINES 360 | The Neurobiology of Motor Control and Development | 3 |
| KINES 384 | Biomechanics | 3 |
| NUTR 251 | Introductory Principles of Nutrition | 3 |
| Additional Courses | | |
| <i>Additional Courses: Require a grade of C or better</i> | | |
| Select 3-4 credits from the following: | | 3-4 |
| SCM 200 | Introduction to Statistics for Business | |
| STAT 200 | Elementary Statistics | |
| STAT 250 | Introduction to Biostatistics | |
| Requirements for the Option | | |
| <i>Requirements for the Option: Require a grade of C or better</i> | | |
| Select an option | | 40-67 |

Requirements for the Option

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

| Code | Title | Credits |
|---|--|---------|
| Prescribed Courses | | |
| <i>Prescribed Courses: Require a grade of C or better</i> | | |
| 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 a higher level MATH course recommended by math placement test. Course list includes: MATH 26, MATH 40, MATH 41, MATH 110 or MATH 140 | 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

HPE Certification Emphasis:

| | |
|------------|---|
| 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 |
| SPLD 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 48: Scientific Basis of Exercise for Older Adults or KINES 49: Programming for Business and Agencies or KINES 49: Principles and Ethics of Coaching |
| KINES 457 | Exercise Prescription and Case Studies |
| KINES 485 | Science and Practice 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 courses: | |
| NUTR 407 | Nutrition for Exercise and Sports |
| KINES 402 | Human Anatomy Cadaver Dissection |

| | |
|------------|---|
| KINES 405N | Bicycling Culture and Urban Design |
| KINES 410 | Physical Growth and Motor Development |
| KINES 411 | Introduction to Musculoskeletal Injury and Rehabilitation |
| KINES 419 | Disability Sport and Recreation |
| 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 430W | Groups in Physical Activity |
| KINES 431 | Concussion in Athletics: Brain to Behavior |
| KINES 454 | Women's Health and Exercise Across the Lifespan |
| KINES 455 | Physiological Basis of Exercise as Medicine |
| KINES 458 | Introduction to Electrocardiogram Interpretation |
| KINES 459 | Community Engagement and Outreach in Kinesiology |
| 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 |
| KINES 493W | Principles and Ethics of Coaching |
| KINES 495D | Expanded Field and/or Research Practicum in Kinesiology |
| KINES 499 | Foreign Studies |

Movement Science Option (40-42 credits)*Available at the following campuses: Altoona, University Park*

| Code | Title | Credits |
|---|--|---------|
| Prescribed Courses | | |
| <i>Prescribed Courses: Require a grade of C or better</i> | | |
| 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 | 3 |
| PHYS 250 | Introductory Physics I | 4 |
| PSYCH 100 | Introductory Psychology | 3 |
| Additional Courses | | |
| <i>Additional Courses: Require a grade of C or better</i> | | |
| CHEM 106 | Introductory and General Chemistry | 3-5 |
| or CHEM 110 | Chemical Principles I | |

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| MATH 26 or a higher level MATH course recommended by math placement test. Course list includes: MATH 26, MATH 40, MATH 41, MATH 110 or MATH 140 | 3 |
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| Select 12 additional credits from 400-level Kines courses except KINES 403. No more than 3 credits of KINES 496, 408 or 495D may count toward this requirement | 12 |
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Exercise Science Option (52-55 credits)*Available at the following campuses: Altoona, Berks, Harrisburg*

| Code | Title | Credits |
|---|---|---------|
| Prescribed Courses | | |
| <i>Prescribed Courses: Require a grade of C or better</i> | | |
| KINES 200 | Muscle Training: Physiology, Programs, Techniques | 3 |
| KINES 201 | Cardiorespiratory Training for Health and Performance | 3 |
| KINES 260 | Research Skills in Kinesiology | 3 |
| KINES 356 | Activity and Disease | 3 |
| KINES 358 | Ergogenic Aids | 1 |
| KINES 456 | Physical Fitness Appraisal | 4 |
| KINES 457 | Exercise Prescription and Case Studies | 3 |
| KINES 495C | Exercise Science Practicum | 4 |

Additional Courses*Additional Courses: Require a grade of C or better*

| | |
|---|---|
| Select 3 credits from KINES 1 to KINES 99 | 3 |
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| MATH 22 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 22 | 3 |
|---|---|

| | | |
|-------------|------------------------|-----|
| PHYS 150 | Technical Physics I | 3-4 |
| or PHYS 250 | Introductory Physics I | |

| | |
|------------------------------|-----|
| Select one of the following: | 3-5 |
|------------------------------|-----|

| | | |
|------------|--|--|
| CHEM 101 | 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*Supporting Courses and Related Areas: Require a grade of C or better*

| | |
|---|----|
| Select 16 credits from one of the following emphasis area from an approved list, in consultation with adviser. At least 3 credits must be at the 400 level. | 16 |
|---|----|

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|-------------------|
| Business Emphasis |
|-------------------|

| |
|------------------|
| Science Emphasis |
|------------------|

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 (<https://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 and Inter-Domain courses do not meet this requirement.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

Integrative Studies

- **Inter-Domain Courses (Inter-Domain):** 6 credits

Exploration

- **GN**, may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student's degree program, whichever is higher: 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 (<https://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.

Program Learning Objectives

- Students will demonstrate personal, professional, and ethical competency within the discipline of kinesiology.
- 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.
- Students will be able define and demonstrate competency for planning and implementing kinesiology-related health, fitness, performance, and behavior change interventions and programs.
- Students will be able to perform assessments of physical activity and fitness.
- 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 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

Altoona

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Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2024-25 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition.

Exercise Science Option - Business Emphasis: Kinesiology, B.S. at Altoona 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

| Fall | Credits Spring | Credits |
|---------------------------------------|---|--------------|
| BIOL 161 ^{††} | 3 CAS 100A or 100B ^{††} | 3 |
| ENGL 15, 30H, or ESL 15 ^{††} | 3 STAT 200, 250, or SCM 200 ^{††} | 3-4 |
| MATH 22 ^{††} | 3 KINES 100 or 101 [*] | 3 |
| NUTR 251 ^{††} | 3 BIOL 163 ^{††} | 3 |
| PSU 3 | 1 General Education | 3 |
| General Education Course | 3 | |
| | 16 | 15-16 |

Second Year

| Fall | Credits Spring | Credits |
|--|----------------------------------|-----------|
| KINES 100 or 101 [*] | 3 ENGL 202C or 202D [‡] | 3 |
| KINES 200 [*] | 3 KINES 201 [*] | 3 |
| CHEM 101, 110 and 111, or 130 ^{††} | 3-4 KINES 202 [*] | 3 |
| PHYS 150 or 250 ^{††} | 3-4 KINES 260 [*] | 3 |
| General Education Course | 3 KINES 295B [*] | 1 |
| | General Education Course | 3 |
| | 15-17 | 16 |

Third Year

| Fall | Credits Spring | Credits |
|------------------------|--------------------------|---------|
| KINES 321 [*] | 3 KINES 345 [*] | 3 |
| KINES 341 [*] | 3 KINES 358 [*] | 1 |

| | | |
|------------------------|----------------------------|-----------|
| KINES 350 [*] | 3 KINES 360 [*] | 3 |
| KINES 356 [*] | 3 KINES 456 [*] | 4 |
| ECON 102 | 3 General Education Course | 3 |
| | 15 | 14 |

Fourth Year

| Fall | Credits Spring | Credits |
|--------------------------|--|-----------|
| KINES 384 [*] | 3 KINES 420 (or 400-level equivalent) [*] | 3 |
| KINES 457 [*] | 3 KINES 1-99 [*] | 3 |
| KINES 492W [*] | 3 KINES 495C [*] | 4 |
| MGMT 301 or MKTG 301 | 3 ACCTG 211 | 4 |
| General Education Course | 3 MGMT 301 or MKTG 301 | 3 |
| | 15 | 17 |

Total Credits 123-126

* 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 Cultural Diversity 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.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Exercise Option - Science Emphasis: Kinesiology, B.S. at altoona 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

| Fall | Credits Spring | Credits |
|---------------------------------------|--|--------------|
| BIOL 161 ^{*†} | 3 BIOL 163 ^{*†} | 3 |
| ENGL 15, 30H, or ESL 15 ^{††} | 3 CAS 100A or 100B ^{††} | 3 |
| MATH 22 ^{††} | 3 STAT 200, 250, or SCM 200 ^{*††} | 3-4 |
| NUTR 251 ^{*†} | 3 KINES 100 or 101 [*] | 3 |
| PSU 3 | 1 General Education | 3 |
| General Education Course | 3 | |
| | 16 | 15-16 |

Second Year

| Fall | Credits Spring | Credits |
|--|----------------------------------|-----------|
| KINES 100 or 101 [*] | 3 ENGL 202C or 202D [‡] | 3 |
| KINES 200 [*] | 3 KINES 201 [*] | 3 |
| CHEM 101, 110 <i>and</i> 111, or 130 ^{*†} | 3-4 KINES 202 [*] | 3 |
| PHYS 150 or 250 ^{*†} | 3-4 KINES 260 [*] | 3 |
| General Education Course | 3 KINES 295B [*] | 1 |
| | General Education Course | 3 |
| | 15-17 | 16 |

Third Year

| Fall | Credits Spring | Credits |
|--------------------------|----------------------------|-----------|
| KINES 321 [*] | 3 KINES 345 [*] | 3 |
| KINES 341 [*] | 3 KINES 358 [*] | 1 |
| KINES 350 [*] | 3 KINES 360 [*] | 3 |
| KINES 356 [*] | 3 KINES 456 [*] | 4 |
| General Education Course | 3 General Education Course | 3 |
| | 15 | 14 |

Fourth Year

| Fall | Credits Spring | Credits |
|-------------------------|--|-----------|
| KINES 1-99 [*] | 3 KINES 420 (or 400-level equivalent) [*] | 3 |
| KINES 384 [*] | 3 KINES 462W [*] | 2 |
| KINES 457 [*] | 3 KINES 495C [*] | 4 |
| KINES 461W [*] | 2 Emphasis Selection | 3 |
| Emphasis Selection | 3 Emphasis Selection | 3 |
| Emphasis Selection | 3 | |
| | 17 | 15 |

Total Credits 123-126

* 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 Cultural Diversity 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.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Movement Science Option: Kinesiology, B.S. at Altoona 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

| Fall | Credits Spring | Credits |
|--------------------------------------|---------------------------------|-----------|
| ENGL 15, 30H, or ESL 15 [‡] | 3 BIOL 163 ^{*†} | 3 |
| BIOL 161 ^{*†} | 3 BIOL 164 ^{*†} | 1 |
| BIOL 162 ^{*†} | 1 KINES 100 or 101 [*] | 3 |
| MATH 26 ^{††} | 3 NUTR 251 ^{*†} | 3 |
| PSU 3 | 1 General Education Course | 3 |
| PSYCH 100 ^{*†} | 3 General Education Course | 3 |
| | 14 | 16 |

Second Year

| Fall | Credits Spring | Credits |
|--------------------------------------|--|-----------|
| BIOL 110 ^{*†} | 4 CHEM 112 ^{*†} | 3 |
| CAS 100A, 100B, or 100C [‡] | 3 CHEM 113 ^{*†} | 1 |
| CHEM 110 ^{*†} | 3 ENGL 202A, 202B, 202C, or 202D (202A or 202D suggested) [‡] | 3 |
| CHEM 111 ^{*†} | 1 KINES 202 [*] | 3 |
| KINES 100 or 101 [*] | 3 KINES 295B [*] | 1 |
| General Education Course | 3 General Education Course | 3 |
| | 17 | 14 |

Third Year

| Fall | Credits Spring | Credits |
|--|-----------------------------------|-----------|
| KINES 321 [*] | 3 KINES 345 | 3 |
| KINES 341 [*] | 3 KINES 360 [*] | 3 |
| KINES 350 [*] | 3 KINES 400-level Course | 3 |
| KINES 395B [*] | 1 PHYS 251R or 251L ^{*†} | 4 |
| PHYS 250R or 250L ^{*†} | 4 General Education Course | 3 |
| Supporting Course (suggest Grad School prerequisite) | 3 | |
| | 17 | 16 |

Fourth Year

| Fall | Credits Spring | Credits |
|--|--|-----------|
| KINES 384 [*] | 3 KINES 495B [*] | 6 |
| KINES 425W, 439W, KINES 447W, KINES 481W, or KINES 492W | 3 KINES 400-level Course | 3 |
| STAT 200, 250, or SCM 200 ^{*†} | 3-4 Supporting Course (suggest grad school prerequisite) | 3 |
| KINES 400-level Course | 3 | |
| Supporting Course (suggest Graduate School prerequisite) | 3 | |
| | 15-16 | 12 |

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 Cultural Diversity 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.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Career Paths

A Kinesiology degree can provide many opportunities for students ranging from fulfilling careers in health and wellness to graduate research and professional studies in a wide range of biomedical, clinical and allied health fields. The hands-on learning opportunities and internships in the program allow students to build experience, gain professional skills and explore their interests to create a strong foundation for a post-graduation career or in the next step of their education.

Careers

Kinesiology students have many career options after graduation. Discussion with Kinesiology faculty, an adviser, or professionals in the field through internship experiences 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. The applied learning opportunities in our curriculum give students hands-on experience to work with children and adults to promote health and wellness. Kinesiology graduates are well-rounded and valuable employees with their strong scientific foundation that can be applied to solving problems related to human movement.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE KINESIOLOGY PROGRAM (<https://americankinesiology.org/careers-in-kinesiology/>)

Opportunities for Graduate Studies

Many Kinesiology students aim to pursue graduate or professional school after they complete their undergraduate program. Kinesiology students are often interested in graduate study in physical or occupational therapy, athletic training, physician's assistant, medical school, orthotics and prosthetics, dentistry, nursing, or chiropractic school. Students also opt to attend graduate programs in Kinesiology to advance their understanding in one of the sub-disciplines of the field. Some Kinesiology students also pursue professional degrees in public health, health education or related fields after graduation. The Kinesiology undergraduate program includes many of the prerequisite courses needed for these post-bachelor programs, providing students with a strong scientific foundation for further study.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES
(<https://science.psu.edu/current-students/advising-and-student-services/prehealth-advising/>)

<https://hhd.psu.edu/kines/undergraduate/major-kinesiology> (<https://hhd.psu.edu/kines/undergraduate/major-kinesiology/>)

Professional Resources

- National Academy of Kinesiology (<https://nationalacademyofkinesiology.org>)
- American College of Sports Medicine (<https://www.acsm.org/>)
- National Strength and Conditioning Association (<https://www.nasca.com/>)
- SHAPE: Society of Health and Physical Educators (<https://www.shapeamerica.org/>)
- American Kinesiology Association (<https://americankinesiology.org/>)
- PA Department of Education (<https://www.education.pa.gov/Teachers%20-%20Administrators/Curriculum/HealthPhysicalEd/Pages/default.aspx>)
- SHAPE Equity, Diversity and Inclusion podcast (<https://www.shapeamerica.org/MemberPortal/prodev/edi-podcast.aspx>)

Contact

Altoona

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<https://altoona.psu.edu/academics/bachelors-degrees/kinesiology>
(<https://altoona.psu.edu/academics/bachelors-degrees/kinesiology/>)

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<https://harrisburg.psu.edu/behavioral-sciences-education/kinesiology-bs>
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