

KINESIOLOGY, B.S. (ALTOONA)

Begin Campus: Any Penn State Campus

End Campus: Altoona

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 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
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 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.

* 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

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.