

# KINESIOLOGY, B.S. (BERKS)

**Begin Campus:** Any Penn State Campus

**End Campus:** Berks

## 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.