

KINESIOLOGY, B.S. (HEALTH AND HUMAN DEVELOPMENT)

Begin Campus: Any Penn State Campus

End Campus: University Park

Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2023-24 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 (*Note: the archive only contains suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin*).

Applied Exercise Health Option - Health and Physical Education Certificate Emphasis: Kinesiology, B.S. at University Park 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 |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------|
| KINES 101 ^{*#2} | 3 CHEM 101, 106, 110, or 130 ^{*†} | 3-5 |
| BIOL 161 ^{*†} | 3 KINES 100 ^{*#2} | 3 |
| MATH 26 ^{*#2} | 3 STAT 200, 250, or SCM 200 ^{*†#2} | 3-4 |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{†#2} | 3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [†] | 3 |
| General Education Course (GA) | 3 General Education Course (Inter-Domain) | 3 |
| PSU First-Year Seminar and KINES 97 | 2 | |
| | 17 | 15-18 |

Second Year

| Fall | Credits Spring | Credits |
|----------------------------------------------------------|--------------------------------|--------------|
| KINES 200 [*] | 3 KINES 201 [*] | 3 |
| KINES 202 ^{*#2} | 3 BIOL 163 ^{*†} | 3 |
| KINES 295B ^{*#2} | 1 NUTR 251 ^{*†} | 3 |
| KINES 321 [*] | 3 PHYS 250 or 150 [*] | 3-4 |
| PSYCH 100 ^{*#†2} | 3 KINES 345 [*] | 3 |
| General Education Course (Inter-Domain) ^{#†1,2} | 3 KINES 267 [*] | 1 |
| | 16 | 16-17 |

Third Year

| Fall | Credits Spring | Credits |
|--------------------------|-----------------------------------------------------------------------------|-----------|
| EDPSY 10 ^{*#†2} | 3 CI 280 ^{*†} | 3 |
| KINES 341 [*] | 3 KINES 360 [*] | 3 |
| KINES 350 [*] | 3 KINES 384 [*] | 3 |
| KINES 367 [*] | 1 KINES 456 [*] | 4 |
| KINES 368 [*] | 2 General Education Course (GWS) (ENGL 202A or 202D suggested) [†] | 3 |
| KINES 401 [*] | 3 | |
| | 15 | 16 |

Fourth Year

| Fall | Credits Spring | Credits |
|-------------------------|---------------------------|-----------|
| KINES 366 [*] | 3 KINES 495A [*] | 12 |
| KINES 395A [*] | 1 | |
| KINES 400 [*] | 3 | |
| KINES 464 [*] | 3 | |
| KINES 468W [*] | 3 | |
| SPLD 400 [*] | 4 | |
| | 17 | 12 |

Total Credits 124-128

* 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

¹ Select one integrative studies from the approved literature list: <https://sites.psu.edu/educationadvising/course-lists/lit/>

² More information about Entrance-to-Major requirements for the HPE Emphasis can be found at: <https://hhd.psu.edu/sites/default/files/kinesiology-kines/undergraduate-programs/kinesiology-kines-undergraduate-programs-aehoptionhpeemphasisenentrancerequirementspdf.pdf>

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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will

replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C.
Each course is 3 credits.

Advising Notes:

NOTE: The Kinesiology/AEH Academic Requirements takes precedence over the Suggested Academic Plan for graduation requirements.

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires at least 24 credits of prescribed coursework in the major to be completed at the location or in the college or program where the degree is earned. World Campus courses may not be counted toward this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495A for the AEH (HPE Emphasis).

Select from the approved literature list at: <https://sites.psu.edu/educationadvising/course-lists/lit/>.

Applied Exercise Health Option - American College of Sports Medicine/National Strength and Conditioning Association Certificate Emphasis: Kinesiology, B.S. at University Park 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 |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------|
| KINES 101 [*] | 3 CHEM 101, 106, 110, or 130 ^{**†} | 3-5 |
| BIOL 161 ^{**†} | 3 KINES 100 [*] | 3 |
| MATH 26 [*] | 3 STAT 200, 250, or SCM 200 ^{**†} | 3-4 |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [†] | 3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [†] | 3 |
| General Education Course (GA) | 3 General Education Course (Inter-Domain) ¹ | 3 |
| PSU First-Year Seminar and KINES 97 | 2 | |
| | 17 | 15-18 |

Second Year

| Fall | Credits Spring | Credits |
|------------------------------------------------------|---------------------------|-----------|
| KINES 200 [*] | 3 KINES 201 [*] | 3 |
| KINES 202 [*] | 3 BIOL 163 ^{**†} | 3 |
| KINES 295B [*] | 1 NUTR 251 ^{**†} | 3 |
| KINES 321 [*] | 3 PHYS 250 [*] | 4 |
| PSYCH 100 ^{**†} | 3 KINES 345 [*] | 3 |
| General Education Course (Inter-Domain) ¹ | 3 KINES 267 [*] | 1 |
| | 16 | 17 |

Third Year

| Fall | Credits Spring | Credits |
|-------------------------|-----------------------------------------------------------------------------|-----------|
| EDPSY 10 ^{**†} | 3 CI 280 ^{**†} | 3 |
| KINES 341 [*] | 3 KINES 401 [*] | 3 |
| KINES 367 [*] | 1 KINES 384 [*] | 3 |
| KINES 395B [*] | 1 KINES 456 [*] | 4 |
| KINES 421 [*] | 3 General Education Course (GWS) (ENGL 202A or 202D suggested) [†] | 3 |
| KINES 368 [*] | 2 | |
| KINES 350 [*] | 3 | |
| | 16 | 16 |

Fourth Year

| Fall | Credits Spring | Credits |
|----------------------------------------------|---------------------------|---------|
| KINES 360 [*] | 3 KINES 457 [*] | 3 |
| KINES 492W, 481W, 425W, or 493W [*] | 3 KINES 495B [*] | 6 |
| KINES 485 [*] | 3 KINES 495E [*] | 3 |

| | |
|------------------------------|-----------|
| KINES 400-level [*] | 3 |
| | 12 |

Total Credits 121-124

* 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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

NOTE: The Kinesiology/AEH Academic Requirements Report (Degree Audit) takes precedence over the Suggested Academic Plan for graduation requirements.

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires at least 24 credits of prescribed coursework in the major to be completed at the location or in the college or program where the degree is earned. World Campus courses may not be counted toward this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B for the AEH (ACSM/NSCA Emphasis).

Movement Science Option: Kinesiology, B.S. at University Park 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 |
|----------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| KINES 100* | 3 KINES 101* | 3 |
| BIOL 161**† | 3 BIOL 163**† | 3 |
| BIOL 162* | 1 BIOL 164* | 1 |
| MATH 26* | 3 NUTR 251**† | 3 |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended)† | 3 General Education Course (GH or GA) | 3 |
| PSU First-Year Seminar and KINES 97 | 2 General Education Course (Inter-Domain) | 3 |
| | 15 | 16 |

Second Year

| Fall | Credits Spring | Credits |
|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------|
| KINES 202* | 3 PSYCH 100**† | 3 |
| CHEM 110* | 3 BIOL 110**† | 4 |
| CHEM 111* | 1 KINES 321* | 3 |
| KINES 295B* | 1 CHEM 112* | 3 |
| General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended)† | 3 CHEM 113* | 1 |
| General Education Course (GA or GH) | 3 General Education Course: Exploration (GN, GA, GH, GS, Inter-Domain or up to 3 units of 12th unit and beyond World Language) | 3 |
| General Education Course (Inter-Domain) | 3 | |
| | 17 | 17 |

Third Year

| Fall | Credits Spring | Credits |
|-------------------------------------------------|---------------------------------------------------|-----------|
| KINES 350* | 3 KINES 345* | 3 |
| KINES 395B* | 1 KINES 360* | 3 |
| PHYS 250* | 4 KINES 400-level | 3 |
| KINES 341* | 3 Elective (Suggest Graduate School Prerequisite) | 4 |
| Elective (Suggest Graduate School Prerequisite) | 3 Elective (Suggest Graduate School Prerequisite) | 3 |
| | 14 | 16 |

Fourth Year

| Fall | Credits Spring | Credits |
|--------------|----------------|---------|
| KINES 384**† | 3 KINES 495B* | 3 |

| | | |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------|
| KINES 425W, 430W, 439W, KINES 447W, KINES 481W, KINES 492W, or KINES 493W (Writing Across Curriculum) | 3 KINES 400-level | 3 |
| STAT 200, 250, or SCM 200**† | 3-4 General Education Course (GWS) (ENGL 202A or 202D suggested)† | 3 |
| KINES 400-level | 3 Elective (Suggest Graduate School Prerequisite) | 3 |
| Elective (Suggest Graduate School Prerequisite) | 3 | |
| | 15-16 | 12 |

Total Credits 122-123

* 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:

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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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

NOTE: The Kinesiology/MOVSCI Academic Requirements Report (Degree Audit) takes precedence over the Suggested Academic Plan for graduation requirements.

LIMITATION on the number of TRANSFER COURSES used for KINES 300-Level Core: Two courses (6 credits) can be transferred into PSU and applied to graduation requirements for the KINES major. KINES 300-level courses include KINES 321, 341, 345, 350, 360 & 384.

LIMITATIONS on SOURCE & TIME for CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires that a minimum of 24 credits of prescribed major coursework be completed at the location or in the college or program where the degree is earned. World Campus courses may not count towards this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B in Movement Science.

Applied Exercise Health Option - Health and Physical Education TrACK: Kinesiology, B.S. at Commonwealth Campuses (eARLY cHANGE OF cAMPUS)

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First Year

| Fall | Credits Spring | Credits |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------|
| BIOL 161 ^{*,†} | 3 BIOL 163 [†] | 3 |
| MATH 26 [*] | 3 CHEM 101 or 130 ^{*,†} | 3 |
| PSYCH 100 | 3 STAT 200, 250, or SCM 200 ^{*,†} | 3-4 |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [†] | 3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [†] | 3 |
| General Education Course (GA) | 3 General Education Course (Inter-Domain) ¹ | 3 |
| PSU First-Year Seminar | 1 | |
| | 16 | 15-16 |

Second Year

| Fall | Credits Spring | Credits |
|------------------------------------------------------|-----------------------------------------------------------------------------|-----------|
| EDPSY 10 ^{*,†} | 3 CI 280 | 3 |
| NUTR 251 | 3 PHYS 250 | 4 |
| KINES 202 | 3 KINES 100 | 3 |
| KINES 295B | 1 KINES 350 | 3 |
| KINES 101 | 3 General Education Course (GWS) (ENGL 202A or 202D suggested) [†] | 3 |
| General Education Course (Inter-Domain) ¹ | 3 | |
| | 16 | 16 |

Third Year

| Fall | Credits Spring | Credits |
|-----------|----------------|-----------|
| KINES 201 | 3 KINES 456 | 4 |
| KINES 360 | 3 KINES 384 | 3 |
| KINES 341 | 3 KINES 401 | 3 |
| KINES 200 | 3 KINES 321 | 3 |
| KINES 367 | 1 KINES 345 | 3 |
| KINES 267 | 1 | |
| KINES 368 | 2 | |
| | 16 | 16 |

Fourth Year

| Fall | Credits Spring | Credits |
|-------------------------|----------------|---------|
| KINES 366 [*] | 3 KINES 495A | 12 |
| KINES 395A [*] | 1 | |
| KINES 400 | 3 | |
| KINES 464 | 3 | |
| KINES 468W | 3 | |

| | |
|-----------|-----------|
| SPLED 400 | 4 |
| | 17 |
| | 12 |

Total Credits 124-125

- * 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:

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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.

Advising Note:

Students who request an Early Change of Campus to University Park for fall semester of their second year should have completed the following courses in the first year:

- ENGL 15
- MATH 26
- PSYCH 100
- BIOL 161 and BIOL 163
- CHEM 101 or CHEM 130

Select one integrative studies from the approved literature list: <https://sites.psu.edu/educationadvising/course-lists/lit/>.

Applied Exercise Health Option - American College of Sports Medicine/National Strength and Conditioning Association Track: Kinesiology, B.S. at Commonwealth Campuses

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First Year

| Fall | Credits Spring | Credits |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------|
| BIOL 161 ^{*†} | 3 CHEM 101, 106, 110, or 130 ^{**†} | 3-5 |
| MATH 26 ^{*‡} | 3 STAT 200, 250, or SCM 200 ^{*‡} | 3-4 |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [‡] | 3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [‡] | 3 |
| General Education Course (GA) | 3 General Education Course (Inter-Domain) | 3 |
| PSU First-Year Seminar | 1 | |
| | 13 | 12-15 |

Second Year

| Fall | Credits Spring | Credits |
|-----------------------------------------|-----------------------------------------------------------------------------|--------------|
| EDPSY 10 ^{*†} | 3 CI 280 ^{**†} | 3 |
| NUTR 251 ^{*†} | 3 PHYS 250 or 150 [*] | 3-4 |
| BIOL 163 ^{*†} | 3 PSYCH 100 ^{*†} | 3 |
| General Education Course (Inter-Domain) | 3 General Education Course (GWS) (ENGL 202A or 202D suggested) [‡] | 3 |
| | 12 | 12-13 |

Third Year

| Fall | Credits Spring | Credits |
|-------------------------|---------------------------|-----------|
| KINES 100 [*] | 3 KINES 321 [*] | 3 |
| KINES 201 [*] | 3 KINES 350 [*] | 3 |
| KINES 295B [*] | 1 KINES 401 [*] | 3 |
| KINES 101 [*] | 3 KINES 341 [*] | 3 |
| KINES 202 [*] | 3 KINES 345 [*] | 3 |
| KINES 200 [*] | 3 KINES 368 [*] | 2 |
| KINES 267 [*] | 1 KINES 395B [*] | 1 |
| KINES 367 [*] | 1 | |
| | 18 | 18 |

Fourth Year

| Fall | Credits Spring | Credits |
|----------------------------------------------|---------------------------|---------|
| KINES 360 [*] | 3 KINES 495B [*] | 6 |
| KINES 421 [*] | 3 KINES 495E [*] | 3 |
| KINES 456 [*] | 4 KINES 457 [*] | 3 |
| KINES 384 [*] | 3 KINES 485 [*] | 3 |
| KINES 425W, 481W, 492W, or 493W [*] | 3 | |

| | |
|------------------------------|-----------|
| KINES 400-Level [*] | 3 |
| | 19 |
| | 15 |

Total Credits 119-123

* Course requires a grade of C or better for the major

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Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

NOTE: The Kinesiology/AEH Academic Requirements Report (Degree Audit) takes precedence over the Suggested Academic Plan for graduation requirements.

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires at least 24 credits of prescribed coursework in the major to be completed at the location or in the college or program where the degree is earned. World Campus courses may not be counted toward this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B for the AEH (ACSM/NSCA Emphasis).

Movement Science Option: Kinesiology, B.S. at Commonwealth Campuses

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 |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------|
| PSYCH 100 ^{*†} | 3 BIOL 163 ^{*†} | 3 |
| BIOL 161 ^{*†} | 3 BIOL 164 [*] | 1 |
| BIOL 162 [*] | 1 General Education Course (GA) | 3 |
| MATH 26 [*] | 3 General Education Course (GH) | 3 |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [‡] | 3 General Education Course (Inter-Domain) | 3 |
| PSU First-Year Seminar | 1 Elective (Suggest Graduate School Prerequisite) | 3 |
| | 14 | 16 |

Second Year

| Fall | Credits Spring | Credits |
|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------|--------------|
| CHEM 110 [*] | 3 STAT 200, 250, or SCM 200 ^{*†} | 3-4 |
| CHEM 111 [*] | 1 BIOL 110 ^{*†} | 4 |
| NUTR 251 ^{*†} | 3 CHEM 112 [*] | 3 |
| PHYS 250 [*] | 4 CHEM 113 [*] | 1 |
| General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [‡] | 3 Elective (Suggest Graduate School Prerequisite) | 4 |
| General Education Course (Inter-Domain) | 3 | |
| | 17 | 15-16 |

Third Year

| Fall | Credits Spring | Credits |
|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------|
| KINES 101 [*] | 3 KINES 100 [*] | 3 |
| KINES 202 [*] | 3 KINES 384 ^{*††} | 3 |
| KINES 295B or 295 [*] | 1 KINES 350 [*] | 3 |
| Elective (Suggest Graduate School Prerequisite) | 3 KINES 395B [*] | 1 |
| General Education Course (GWS) (ENGL 202A or 202D suggested) [‡] | 3 Elective (Suggest Graduate School Prerequisite) | 3 |
| General Education Course: Exploration (GN, GA, GH, GS, Inter-Domain or up to 3 units of 12th unit and beyond World Language) | 3 KINES 400-level ¹ | 3 |
| | 16 | 16 |

Fourth Year

| Fall | Credits Spring | Credits |
|------------------------------|-----------------------------------------------------------------------|-----------|
| KINES 360 [*] | 3 KINES 495B [*] | 3 |
| KINES 321 [*] | 3 KINES 400-level ¹ | 3 |
| KINES 341 [*] | 3 KINES 425W, 439W, KINES 447W, KINES 481W, KINES 492W, or KINES 493W | 3 |
| KINES 345 [*] | 3 Elective (Suggest Graduate School Prerequisite) | 3 |
| KINES 400-level ¹ | 3 | |
| | 15 | 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

¹ **Course List:** CAMS 442, HDFS 427, KINES 410, KINES 411, KINES 419, KINES 420, KINES 421, KINES 422, KINES 423, KINES 424, KINES 425, KINES 426, KINES 427, KINES 428, KINES 429, KINES 439W, KINES 440, KINES 441, KINES 442, KINES 443, KINES 444, KINES 446, KINES 447W, KINES 450, KINES 452, KINES 453, KINES 454, KINES 455, KINES 456, KINES 457, KINES 458, KINES 460, KINES 463, KINES 465, KINES 467, KINES 481W, KINES 483, KINES 484, KINES 485, KINES 488, KINES 492W, KINES 493, KINES 493W, KINES 495E, KINES 499, WMNST 424

University Requirements and General Education Notes:

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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.

Note:

Each campus will need to adjust the semester course schedule planning according to their course offerings.

The Kinesiology/MOVSCI Academic Requirements Report (Degree Audit) takes precedence over the Suggested Academic Plan for graduation requirements.

Advising Notes:

LIMITATION on the number of TRANSFER COURSES used for KINES 300-Level Core: A limit of two courses (6 credits) can be transferred into Penn State and applied to graduation requirements for both KINES and Athletic Training majors. KINES 300-level courses include KINES 321, 341, 345, 350, 360 & 384.

LIMITATIONS on SOURCE & TIME for CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires that a minimum of 24 credits of prescribed major coursework be completed at the location or in the college or program where the degree is earned. World Campus courses may not count towards this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B in Movement Science; ATHTR 495C in Athletic Training; KINES 495B in AEH (ACSM/NSCA Certification Emphasis).

The Kinesiology MOVCS Degree Audit (LionPATH: Academic Record) is the official student record for graduation purposes. The Suggested Academic Plan is a tool for student usage, not an official university record.