

# 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, 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://hhd.psu.edu/kines/undergraduate/minors/>)

MORE INFORMATION ABOUT THE UNDERGRADUATE CORE IN KINESIOLOGY (<https://americankinesiology.org/the-undergraduate-core/>)

## 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

Requirement	Credits
Requirements for the Minor	18

Students in the Athletic Training Major are not permitted to obtain a Kinesiology Minor.

Students may need additional prerequisites to complete this 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 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/59-00-minors-and-certificates/#59-10>). In addition, at least six credits of the minor must be unique from the prescribed courses required by a student's major(s).

Code	Title	Credits
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
Select 6 credits from the following:		6
KINES 100	The Cultural and Behavioral Foundations of Kinesiology	
KINES 101	The Biophysical Foundations of Kinesiology	
KINES 202	Functional Human Anatomy	
<b>Supporting Courses and Related Areas</b>		
<i>Supporting Courses and Related Areas: Require a grade of C or better</i>		

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

KINES 100	The Cultural and Behavioral Foundations of Kinesiology
KINES 101	The Biophysical Foundations of Kinesiology
KINES 160N	Fitness with Exercise Physiology
KINES 202	Functional Human Anatomy
KINES 303	Emergency Recognition and Care with BLS CPR
KINES 321	Psychology of Movement Behavior
KINES 341	The Historical, Cultural, and Social Dynamics of Sport
KINES 345	Meaning, Ethics, and Movement
KINES 350	Exercise Physiology
KINES 360	The Neurobiology of Motor Control and Development
KINES 384	Biomechanics

Any KINES 400-level course. Exclude: KINES 408, KINES 495B, KINES 495C, KINES 495D. No more than 3 credits of KINES 496 may count towards the minor.

## 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/>)

## University Park

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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 learning opportunities 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 ([https://  
americankinesiology.org/careers-in-kinesiology/](https://americankinesiology.org/careers-in-kinesiology/))

## 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. Students may also opt to attend graduate programs in Kinesiology to advance their understanding in one of the sub-disciplines in the field. The Kinesiology undergraduate minor program can include a strong scientific foundation for further study in these fields.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES  
([https://science.psu.edu/interdisciplinary-programs/premedicine/  
prehealth-advising/](https://science.psu.edu/interdisciplinary-programs/premedicine/prehealth-advising/))

## Contact

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

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