

KINESIOLOGY, B.S. (BERKS)

Seven Penn State campuses are scheduled for closure after Spring 2027: DuBois, Fayette, New Kensington, Mont Alto, Shenango, Wilkes-Barre, and York. New students are not being admitted at these campuses.

Begin Campus: Any Penn State Campus

End Campus: Berks

Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2026-27 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 Berks 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 or 30H (GWS) [†]	3 CAS 100A or 100B (GWS) [†]	3
MATH 22 [*]	3 CHEM 110 ^{**†}	3
KINES 100 or 101 [*]	3 CHEM 111 ^{**†}	1
BIOL 161 (GN) ^{**†}	3 KINES 100 or 101 [*]	3
General Education Course (GA or GH or GS)	3 BIOL 163 (GN) ^{**†}	3
First-Year Seminar	1 General Education Course (GA or GH or GS)	3
	16	16

Second Year

Fall	Credits Spring	Credits
KINES 201 [*]	3 ENGL 202C or 202D (GWS) [†]	3
KINES 202 [*]	3 KINES 200 [*]	3
KINES 260 [*]	3 KINES 295B [*]	1
PHYS 150 or 250 (PHYS 150 recommended) [*]	3-4 KINES 350 [*]	3
General Education Course (GA or GH or GS)	3 NUTR 251 (GHW) ^{**†}	3
	General Education Course (Integrative Studies)	3
	15-16	16

Third Year

Fall	Credits Spring	Credits
KINES 321 [*]	3 KINES 345 [*]	3
KINES 341 [*]	3 KINES 384 (GQ) [†]	3
KINES 360 [*]	3 MGMT 301	3
ECON 102	3 MKTG 301	3

STAT 200, 250, or SCM 200 (GQ) [†]	3-4 General Education Course (Integrative Studies)	3
	15-16	15
Fourth Year		
Fall	Credits Spring	Credits
KINES 1 - 99	1.5 KINES 1 - 99	1.5
KINES 358 [*]	1 KINES 356 [*]	3
KINES 420 (or 400 Level Equivalent) [*]	3 KINES 457 [*]	3
KINES 456 [*]	4 KINES 492W [*]	3
ACCTG 211	4 KINES 495C [*]	4
General Education Course (Exploration)	3	
	16.5	14.5
Total Credits 124-126		

* 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

¹ For General Education Course notations, please be sure to include three (3) credits of United States (US) Cultures and three (3) credits of International (IL) Cultures. Consult adviser for details.

² The following courses are offered Fall Semester only: KINES 201, KINES 202, KINES 260, KINES 321, KINES 341, KINES 358, KINES 360, KINES 420, KINES 456.

³ The following courses are offered Spring Semester only: KINES 200, KINES 345, KINES 350, KINES 356, KINES 384, KINES 457, KINES 492W.

⁴ For students interested in pursuing the Business Minor, the following courses require a grade of C or better: ACCTG 211, ECON 102, MGMT 301, MKTG 301.

⁵ For 400 level Equivalent, consult adviser for list.

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 Science Option - Science Emphasis: Kinesiology, B.S. at Berks 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 or 30H (GWS) [‡]	3 CAS 100A or 100B (GWS) [‡]	3
MATH 22 [‡]	3 CHEM 110 ^{**†}	3
KINES 100 or 101 [*]	3 CHEM 111 ^{**†}	1
BIOL 161 (GN) ^{**†}	3 KINES 100 or 101 [*]	3
General Education Course (GA or GH or GS)	3 BIOL 163 (GN) ^{**†}	3
First-Year Seminar	1 General Education Course (GA or GH or GS)	3
	16	16

Second Year

Fall	Credits Spring	Credits
KINES 201 [*]	3 ENGL 202C or 202D (GWS) [‡]	3
KINES 202 [*]	3 KINES 200 [*]	3
KINES 260 [*]	3 KINES 295B [*]	1
PHYS 150 or 250 (PHYS 250 recommended) [*]	3-4 KINES 350 [*]	3
General Education Course (GA or GH or GS)	3 NUTR 251 (GHW) ^{**†}	3
	General Education Course (Integrative Studies)	3
	15-16	16

Third Year

Fall	Credits Spring	Credits
KINES 321 [*]	3 KINES 345 [*]	3
KINES 341 [*]	3 KINES 384 (GQ) [‡]	3
KINES 360 [*]	3 Emphasis Selection	3
STAT 200, 250, or SCM 200 (GQ) [‡]	3-4 Emphasis Selection	3
General Education Course (Integrative Studies)	3 General Education Course (Exploration)	3
	15-16	15

Fourth Year

Fall	Credits Spring	Credits
KINES 1 - 99	1.5 KINES 1-99	1.5
KINES 358 [*]	1 KINES 356 [*]	3
KINES 420 (or 400 Level Equivalent) [*]	3 KINES 457 [*]	3
KINES 456 [*]	4 KINES 462W [*]	2
KINES 461W [*]	2 KINES 495C [*]	4
Emphasis Selection	3 Emphasis Selection	3
	14.5	16.5

Total Credits 124-126

* 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

¹ For General Education Course notations, please be sure to include three (3) credits of United States (US) Cultures and three (3) credits of International (IL) Cultures. Consult adviser for details.

² The following courses fulfill the Writing Across The Curriculum requirement: KINES 461W & KINES 462W.

³ The following courses are offered Fall Semester only: KINES 201, KINES 202, KINES 260, KINES 321, KINES 341, KINES 358, KINES 360, KINES 420, KINES 456, KINES 461W.

⁴ The following courses are offered Spring Semester only: KINES 200, KINES 345, KINES 350, KINES 356, KINES 384, KINES 457, KINES 462W.

⁵ For Emphasis Selection, BIOL 162 and BIOL 164 are recommended but not required. Consult adviser for list.

⁶ For 400 Level Equivalent, consult adviser for list.

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.