

KINESIOLOGY, B.S. (CAPITAL)

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: Harrisburg

Degree Requirements

For the Bachelor of Science degree in Kinesiology a minimum of 120 credits is required for the Applied Exercise Health option, a minimum of 120 credits is required for the Movement Science option, and a minimum of 122 credits is required for the Exercise Science option:

Requirement	Credits
General Education	45
Electives	0-16
Requirements for the Major	80-108

18-27 of the 45 credits for General Education are included in the Requirements for the Major. This includes: Applied Exercise and Health Option - 9 credits GN, 6 credits GQ, 3 credits of GH, 6 credits of GS and 3 credits of GHW; Movement Science Option - 9 credits of GN courses, 6 credits of GQ courses, 3 credits of GS courses, 3 credits of GHW courses; Exercise Science Option - 9 credits of GN courses, 6 credits of GQ courses, 3 credits of GHW courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. KINES requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Suggested Academic Plan for this major.

Requirements for the Major

A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>).

Common Requirements for the Major (All Options)

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
BIOL 161	Human Anatomy and Physiology I - Lecture	3
BIOL 163	Human Anatomy and Physiology II - Lecture	3
KINES 100	The Cultural and Behavioral Foundations of Kinesiology	3
KINES 101	The Biophysical Foundations of Kinesiology	3
KINES 202	Functional Human Anatomy	3
KINES 295B	Kines Careers & Observation	1
KINES 321	Psychology of Movement Behavior	3
KINES 341	The Historical, Cultural, and Social Dynamics of Sport	3
KINES 345	Meaning, Ethics, and Movement	3

KINES 350	Exercise Physiology	3
KINES 360	The Neurobiology of Motor Control and Development	3
KINES 384	Biomechanics	3
NUTR 251	Introductory Principles of Nutrition	3

Additional Courses

Additional Courses: Require a grade of C or better

Select 3-4 credits from the following:	3-4
SCM 200	Introduction to Statistics for Business
STAT 200	Elementary Statistics
STAT 250	Introduction to Biostatistics

Requirements for the Option

Requirements for the Option: Require a grade of C or better

Select an option	40-67
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Requirements for the Option

Applied Exercise and Health Option (60-67 credits)

Available at the following campuses: University Park

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
CI 280	Introduction to Teaching Multilingual Learners	3
EDPSY 10	Individual Differences and Education	3
KINES 200	Muscle Training: Physiology, Programs, Techniques	3
KINES 201	Cardiorespiratory Training for Health and Performance	3
KINES 267	Fundamental Movement Skills Instruction	1
KINES 367	Games and Sports Instruction Across the Lifespan	1
KINES 368	Individual Fitness and Wellness	2
KINES 401	Applied Group Fitness Exercise Prescription and Program Design	3
KINES 456	Physical Fitness Appraisal	4
PSYCH 100	Introductory Psychology	3

Additional Courses

Additional Courses: Require a grade of C or better

MATH 26 or a higher level MATH course recommended by math placement test. Course list includes: MATH 26, MATH 40, MATH 41, MATH 110 or MATH 140	3
Select 3-5 credits from:	3-5

CHEM 101	Introductory Chemistry
CHEM 106	Introductory and General Chemistry
CHEM 110	Chemical Principles I
CHEM 130	Introduction to General, Organic, and Biochemistry

Select 3-4 credits from:	3-4
PHYS 150	Technical Physics I
PHYS 250	Introductory Physics I

Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

Take the following required courses with selected emphasis area: 25-29

HPE Certification Emphasis:

KINES 366	The Process of Teaching Physical Education
KINES 395A	Ldrshp Prac:Tchrs

KINES 400	Adapted Physical Education
KINES 464	Physical Education Programming and Practicum
KINES 468W	Health Instruction in the School—Content and Method
KINES 495A	Practicum in Student Teaching
SPLED 400	Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management
ACSM/NSCA Certification Emphasis:	
KINES 395B	Leadership Practicum: KINES
KINES 421	Exercise Psychology
KINES 425W	Physical Activity in Diverse Populations or KINES 48: Scientific Basis of Exercise for Older Adults or KINES 49: Programming for Business and Agencies or KINES 49: Principles and Ethics of Coaching
KINES 457	Exercise Prescription and Case Studies
KINES 485	Science and Practice of Training Athletes
KINES 495B	Field and/or Research Practicum in Kinesiology
KINES 495E	Advanced Professional Development in Kinesiology
Select 3 credits from approved 400-level courses:	
KINES 402	Human Anatomy Cadaver Dissection
KINES 405N	Bicycling Culture and Urban Design
KINES 410	Physical Growth and Motor Development
KINES 411	Introduction to Musculoskeletal Injury and Rehabilitation
KINES 419	Disability Sport and Recreation
KINES 422	Physical Activity Interventions
KINES 423	Psychology of Sports Injuries
KINES 424	Women and Sport
KINES 425W	Physical Activity in Diverse Populations
KINES 426	Physical Activity and Public Health
KINES 427	Developmental Sport & Exercise Psychology
KINES 428	Motivation and Emotion in Movement
KINES 429	Psychology of Sport Performance
KINES 430W	Groups in Physical Activity
KINES 431	Concussion in Athletics: Brain to Behavior
KINES 454	Women's Health and Exercise Across the Lifespan
KINES 455	Physiological Basis of Exercise as Medicine
KINES 458	Introduction to Electrocardiogram Interpretation
KINES 459	Community Engagement and Outreach in Kinesiology
KINES 460	Movement Disorders
KINES 465	Neurobiology of Sensorimotor Stroke Rehabilitation
KINES 467	The Science of Performance Enhancement
KINES 481W	Scientific Basis of Exercise for Older Adults
KINES 483	Motor Patterns of Children
KINES 493	Principles and Ethics of Coaching
KINES 493W	Principles and Ethics of Coaching
KINES 495D	Expanded Field and/or Research Practicum in Kinesiology

KINES 499	Foreign Studies
NUTR 407	Nutrition for Exercise and Sports

Movement Science Option (40-42 credits)*Available at the following campuses: Altoona, University Park*

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
BIOL 110	Biology: Basic Concepts and Biodiversity	4
BIOL 162	Human Anatomy and Physiology I - Laboratory	1
BIOL 164	Human Anatomy and Physiology II - Laboratory	1
CHEM 111	Experimental Chemistry I	1
CHEM 112	Chemical Principles II	3
CHEM 113	Experimental Chemistry II	1
KINES 395B	Leadership Practicum: KINES	1
KINES 495B	Field and/or Research Practicum in Kinesiology	3
PHYS 250	Introductory Physics I	4
PSYCH 100	Introductory Psychology	3

Additional Courses

<i>Additional Courses: Require a grade of C or better</i>		
CHEM 106	Introductory and General Chemistry	3-5
or CHEM 110 Chemical Principles I		
MATH 26 or a higher level MATH course recommended by math placement test. Course list includes: MATH 26, MATH 40, MATH 41, MATH 110 or MATH 140		3
Select 12 additional credits from 400-level Kines courses except KINES 403. No more than 3 credits of KINES 496, 408 or 495D may count toward this requirement		12

Exercise Science Option (55-58 credits)*Available at the following campuses: Altoona, Berks, Harrisburg*

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
KINES 200	Muscle Training: Physiology, Programs, Techniques	3
KINES 201	Cardiorespiratory Training for Health and Performance	3
KINES 260	Research Skills in Kinesiology	3
KINES 356	Activity and Disease	3
KINES 358	Ergogenic Aids	1
KINES 456	Physical Fitness Appraisal	4
KINES 457	Exercise Prescription and Case Studies	3
KINES 495C	Exercise Science Practicum	4
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from KINES 1 to KINES 99		3
MATH 22 or Satisfactory performance on the MATH placement examination – i.e., placement beyond the level of MATH 22		3
PHYS 150	Technical Physics I	3-4
or PHYS 250 Introductory Physics I		
Select one of the following:		3-5
CHEM 101	Introductory Chemistry	
CHEM 106	Introductory and General Chemistry	

CHEM 110 & CHEM 111	Chemical Principles I and Experimental Chemistry I
CHEM 130	Introduction to General, Organic, and Biochemistry
Select 3 credits of approved 400-level KINES:	
KINES 400	Adapted Physical Education
KINES 405N	Bicycling Culture and Urban Design
KINES 410	Physical Growth and Motor Development
KINES 413W	Movement Science and Pseudoscience
KINES 419	Disability Sport and Recreation
KINES 420	Psychosocial Dimensions of Physical Activity
KINES 421	Exercise Psychology
KINES 422	Physical Activity Interventions
KINES 423	Psychology of Sports Injuries
KINES 424	Women and Sport
KINES 425W	Physical Activity in Diverse Populations
KINES 426	Physical Activity and Public Health
KINES 427	Developmental Sport & Exercise Psychology
KINES 428	Motivation and Emotion in Movement
KINES 429	Psychology of Sport Performance
KINES 430W	Groups in Physical Activity
KINES 431	Concussion in Athletics: Brain to Behavior
KINES 440	Philosophy and Sport
KINES 441	History of Sport in American Society
KINES 445	Alcohol and Drug Education
KINES 446	History of Sport in the Modern World
KINES 447W	Representing Sport in Popular Film
KINES 449	Sport in African History
KINES 452	Applied Cardiovascular Physiology
KINES 453	Environmental Physiology
KINES 454	Women's Health and Exercise Across the Lifespan
KINES 455	Physiological Basis of Exercise as Medicine
KINES 458	Introduction to Electrocardiogram Interpretation
KINES 459	Community Engagement and Outreach in Kinesiology
KINES 460	Movement Disorders
KINES 463	Acquisition of Motor Skills
KINES 465	Neurobiology of Sensorimotor Stroke Rehabilitation
KINES 467	The Science of Performance Enhancement
KINES 470	Genetics and Human Physical Performance
KINES 471	MOTOR CONTROL
KINES 481W	Scientific Basis of Exercise for Older Adults
KINES 483	Motor Patterns of Children
KINES 484	Advanced Biomechanics
KINES 485	Science and Practice of Training Athletes
KINES 488	Mechanics of Locomotion
KINES 493	Principles and Ethics of Coaching
KINES 497	Special Topics

Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

Select 16 credits from one of the following emphasis area from an approved list, in consultation with adviser. At least 3 credits must be at the 400 level.

Business Emphasis

Science Emphasis

General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

Integrative Studies

- **Inter-Domain Courses (Inter-Domain):** 6 credits

Exploration

- **GN**, may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student's degree program, whichever is higher: 6 credits

University Degree Requirements

First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

Cultures Requirement

6 credits are required and may satisfy other requirements

- **United States Cultures:** 3 credits
- **International Cultures:** 3 credits

Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>)). For more information, check the Suggested Academic Plan for your intended program.