

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

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 Harrisburg 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
BIOL 161 ^{††}	3 CAS 100A or 100S [†]	3
ENGL 15, 15S, 30T, or ESL 15 [†]	3 STAT 200, 250, or SCM 200 ^{††}	3-4
MATH 22 ^{††}	3 KINES 100 or 101 [*]	3
NUTR 251 (GHA) ^{††}	3 BIOL 163 ^{††}	3
General Education Course	3 General Education Course	3
	15	15-16

Second Year

Fall	Credits Spring	Credits
KINES 100 or 101 [*]	3 ENGL 202C or 202D [†]	3
KINES 200 or 201 [*]	3 KINES 200 or 201 [*]	3
CHEM 101, 130, or 110 and 111 ^{††}	3-4 KINES 202 [*]	3
PHYS 150 (and PHYS 250/PHYS 250P) ^{††}	3 KINES 260 [*]	3
General Education Course	3 KINES 295B [*]	1
	KINES 321 [*]	3
	15-16	16

Third Year

Fall	Credits Spring	Credits
KINES 345 [*]	3 KINES 341 [*]	3
KINES 356 [*]	3 KINES 384 [*]	3
KINES 350 [*]	3 KINES 456 [*]	4
KINES 360 [*]	3 General Education Course	3
ECON 102	3 General Education Course	3
	15	16

Fourth Year

Fall	Credits Spring	Credits
KINES 1 - 99 [*]	1.5 KINES 1 - 99 [*]	1.5
KINES 4XX	3 KINES 492W [*]	3
KINES 358 [*]	1 KINES 495C	4
KINES 457 [*]	3 ACCTG 211	4
MGMT 301 or MKTG 301	3 MGMT 301 or MKTG 301	3
General Education Course	3	
	14.5	15.5

Total Credits 122-124

* 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

¹ CHEM 101 for three (3) credits recommended, but not required. If CHEM 101 is taken, then it must be for three (3) credits.

² PHYS 150L & 150P are prerequisites for KINES 384 Biomechanics

³ 4xx level course - Consult adviser

⁴ KINES 492W is offered spring semester only

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 Harrisburg 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
BIOL 161 ^{††}	3 BIOL 163 ^{††}	3
ENGL 15, 15S, 30T, or ESL 15 [‡]	3 CAS 100A or 100S [‡]	3
MATH 22 ^{††}	3 STAT 200, 250, or SCM 200 ^{††}	3-4
NUTR 251 ^{††}	3 KINES 100 or 101 [*]	3
General Education Course	3 General Education Course	3
15		15-16

Second Year

Fall	Credits Spring	Credits
KINES 100 or 101 [*]	3 ENGL 202C or 202D [‡]	3
KINES 200 or 201 [*]	3 KINES 200 or 201 [*]	3
CHEM 101, 130, or 110 <i>and</i> 111 ^{††}	3 KINES 202 [*]	3
PHYS 150 or 250 ^{††}	3-4 KINES 260 [*]	3
General Education Course	3 KINES 295B [*]	1
	KINES 321 [*]	3
15-16		16

Third Year

Fall	Credits Spring	Credits
KINES 345 [*]	3 KINES 341 [*]	3
KINES 350 [*]	3 KINES 384 [*]	3
KINES 356 [*]	3 KINES 456 [*]	4
KINES 360 [*]	3 General Education Course	3
General Education Course	3 General Education Course	3
15		16

Fourth Year

Fall	Credits Spring	Credits
KINES 1 - 99 [*]	3 KINES 495C [*]	4
KINES 4XX	3 Emphasis Selection	3-4
KINES 358	1 Emphasis Selection	3-4
KINES 457 [*]	3 Emphasis Selection	3-4
KINES 491W [*]	3	
Emphasis Selection	3-4	
16-17		13-16

Total Credits 121-127

* 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

Chem 110 & 111 recommended, but not required. If CHEM 101 is taken, then is must be for three (3) credits.

² PHYS 150

Prerequisite for KINES 384 Biomechanics

³ 4xx level course - Consult adviser

⁴ KINES491W is a 3 credit writing requirement. Students must take 13 credits of Science Emphasis selection courses

⁵ Emphasis Selection

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.

¹ CHEM 101