

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

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:** University Park

## 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.

### 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 <sup>*#2</sup>                                                                             | 3 CHEM 101, 106, 110, or 130 (General Education Course, GN) <sup>**†</sup>       | 3-5          |
| BIOL 161 (General Education Course, GN) <sup>**†</sup>                                               | 3 KINES 100 <sup>*#2</sup>                                                       | 3            |
| MATH 26 <sup>*#2</sup>                                                                               | 3 STAT 200, 250, or SCM 200 <sup>*†#2</sup>                                      | 3-4          |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>†#2</sup> | 3 General Education Course (Integrative Studies: Inter-Domain) <sup>*#†1,2</sup> | 3            |
| General Education Course (Inter-Domain)                                                              | 3 General Education Course (GA)                                                  | 3            |
| First-Year Seminar                                                                                   | 1-2                                                                              |              |
|                                                                                                      | <b>16-17</b>                                                                     | <b>15-18</b> |

#### Second Year

| Fall                      | Credits Spring                                                                                  | Credits |
|---------------------------|-------------------------------------------------------------------------------------------------|---------|
| KINES 200 <sup>*</sup>    | 3 KINES 201 <sup>*</sup>                                                                        | 3       |
| KINES 202 <sup>*#2</sup>  | 3 BIOL 163 (General Education Course, GN) <sup>**†</sup>                                        | 3       |
| KINES 295B <sup>*#2</sup> | 1 General Education Course (GWS) (CAS 100A, 100B, 100C, ENGL/CAS 138T recommended) <sup>†</sup> | 3       |
| KINES 321 <sup>*</sup>    | 3 PHYS 250 or 150 <sup>*</sup>                                                                  | 3-4     |

|                                                          |                          |              |
|----------------------------------------------------------|--------------------------|--------------|
| NUTR 251 (General Education Course, GHW) <sup>**†</sup>  | 3 KINES 345 <sup>*</sup> | 3            |
| PSYCH 100 (General Education Course, GS) <sup>*#†2</sup> | 3 KINES 267 <sup>*</sup> | 1            |
|                                                          | <b>16</b>                | <b>16-17</b> |

#### Third Year

| Fall                                                    | Credits Spring                                                              | Credits   |
|---------------------------------------------------------|-----------------------------------------------------------------------------|-----------|
| EDPSY 10 (General Education Course, GS) <sup>*#†2</sup> | 3 CI 280 (General Education Course, GH) <sup>**†</sup>                      | 3         |
| KINES 341 <sup>*</sup>                                  | 3 KINES 360 <sup>*</sup>                                                    | 3         |
| KINES 350 <sup>*</sup>                                  | 3 KINES 384 (General Education Course, GQ) <sup>**††</sup>                  | 3         |
| KINES 367 <sup>*</sup>                                  | 1 KINES 456 <sup>*</sup>                                                    | 4         |
| KINES 368 <sup>*</sup>                                  | 2 General Education Course (GWS) (ENGL 202A or 202D suggested) <sup>†</sup> | 3         |
| KINES 401 <sup>*</sup>                                  | 3                                                                           |           |
|                                                         | <b>15</b>                                                                   | <b>16</b> |

#### Fourth Year

| Fall                    | Credits Spring            | Credits   |
|-------------------------|---------------------------|-----------|
| KINES 366 <sup>*</sup>  | 3 KINES 495A <sup>*</sup> | 12        |
| KINES 395A <sup>*</sup> | 1                         |           |
| KINES 400 <sup>*</sup>  | 3                         |           |
| KINES 464 <sup>*</sup>  | 3                         |           |
| KINES 468W <sup>*</sup> | 3                         |           |
| SPLED 400 <sup>*</sup>  | 4                         |           |
|                         | <b>17</b>                 | <b>12</b> |

#### Total Credits 123-128

\* 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

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

<sup>2</sup> These requirements are not Entrance-to-Major requirements for all KINES options, but are required for students seeking the HPE Emphasis in the AEH option. More information about entry requirements for the HPE Emphasis can be found at: <https://hhd.psu.edu/kines/undergraduate/major-kinesiology/options/applied-exercise-health/health-and-physical-education>

#### 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:**

- In selecting Integrative Studies: Inter-Domain classes, students should select at least one class from the approved literature list found at <https://sites.psu.edu/educationadvising/course-lists/lit/>.
- The Kinesiology Academic Requirements Report in the LionPATH Degree Audit is the official record used to determine graduation eligibility and takes precedence over the Suggested Academic Plan. The Suggested Academic Plan is provided as a planning tool for students and is not an official university record of degree 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).
- HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

## 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 (General Education Course, GN)**  | 3-5          |
| BIOL 161 (General Education Course, GN)**                                              | 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 (Integrative Studies: Inter-Domain) | 3            |
| General Education Course (Inter-Domain)                                                | 3 General Education Course (GA)                                | 3            |
| First-Year Seminar                                                                     | 1-2                                                            |              |
|                                                                                        | <b>16-17</b>                                                   | <b>15-18</b> |

### Second Year

| Fall                                       | Credits Spring                                                                                       | Credits   |
|--------------------------------------------|------------------------------------------------------------------------------------------------------|-----------|
| KINES 200*                                 | 3 KINES 201*                                                                                         | 3         |
| KINES 202*                                 | 3 BIOL 163 (General Education Course, GN)**                                                          | 3         |
| KINES 295B*                                | 1 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended)† | 3         |
| KINES 321*                                 | 3 PHYS 250 (General Education Course, GN)**                                                          | 4         |
| NUTR 251 (General Education Course, GHW)** | 3 KINES 345*                                                                                         | 3         |
| PSYCH 100 (General Education Course, GS)** | 3 KINES 267*                                                                                         | 1         |
|                                            | <b>16</b>                                                                                            | <b>17</b> |

### Third Year

| Fall                                      | Credits Spring                                                  | Credits |
|-------------------------------------------|-----------------------------------------------------------------|---------|
| EDPSY 10 (General Education Course, GS)** | 3 CI 280 (General Education Course, GH)**                       | 3       |
| KINES 341*                                | 3 KINES 401*                                                    | 3       |
| KINES 367*                                | 1 KINES 384 (General Education Course, GQ)**                    | 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                     |                |
|                                  | <b>16</b>             | <b>16</b>      |
| <b>Fourth Year</b>               |                       |                |
| <b>Fall</b>                      | <b>Credits Spring</b> | <b>Credits</b> |
| 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                     |                |
|                                  | <b>12</b>             | <b>12</b>      |

### Total Credits 120-124

\* 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:

- The Kinesiology Academic Requirements Report in the LionPATH Degree Audit is the official record used to determine graduation eligibility and takes precedence over the Suggested Academic Plan. The Suggested Academic Plan is provided as a planning tool for students and is not an official university record of degree 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).
- HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.



## 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 (General Education Course, GN) <sup>††</sup>                                              | 3       | BIOL 163 (General Education Course, GN) <sup>††</sup>        | 3       |
| BIOL 162*                                                                                          | 1       | BIOL 164*                                                    | 1       |
| MATH 26*                                                                                           | 3       | NUTR 251 (General Education Course, GHW) <sup>††</sup>       | 3       |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>‡</sup> | 3       | General Education Course (GH)                                | 3       |
| First-Year Seminar                                                                                 | 1-2     | General Education Course (Integrative Studies: Inter-Domain) | 3       |
| <b>14-15</b>                                                                                       |         | <b>16</b>                                                    |         |

### Second Year

| Fall                                                                                                           | Credits | Spring                                                                      | Credits |
|----------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------|---------|
| KINES 202*                                                                                                     | 3       | PSYCH 100 (General Education Course, GS) <sup>††</sup>                      | 3       |
| CHEM 110*                                                                                                      | 3       | BIOL 110 or 114 <i>and</i> 115 (General Education Course, GN) <sup>††</sup> | 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) <sup>‡</sup> | 3       | CHEM 113*                                                                   | 1       |
| General Education Course (GA)                                                                                  | 3       | General Education Course (Exploration)                                      | 3       |
| General Education Course (Integrative Studies: Inter-Domain)                                                   | 3       |                                                                             |         |
| <b>17</b>                                                                                                      |         | <b>17</b>                                                                   |         |

### 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       |
| <b>14</b>                                       |         | <b>16</b>                                       |         |

### Fourth Year

| Fall                                                                                                                                   | Credits | Spring                                                                    | Credits |
|----------------------------------------------------------------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------|---------|
| KINES 384 (General Education Course, GQ) <sup>††</sup>                                                                                 | 3       | KINES 495B*                                                               | 3       |
| KINES 425W, 430W, 439W, KINES 447W, KINES 481W, KINES 492W, or KINES 493W (KINES 400-level and Writing Across Curriculum) <sup>*</sup> | 3       | KINES 400-level*                                                          | 3       |
| STAT 200, 250, or SCM 200 <sup>††</sup>                                                                                                | 3-4     | General Education Course (GWS) (ENGL 202A or 202D suggested) <sup>‡</sup> | 3       |
|                                                                                                                                        | 3       | Elective (Suggest Graduate School Prerequisite)                           | 3       |
| <b>15-16</b>                                                                                                                           |         | <b>12</b>                                                                 |         |

### Total Credits 121-123

\* 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:

- When selecting 12 credits from 400-level KINES courses, a maximum of 3 credits from KINES 496, 408, or 495D may apply; credits from KINES 403 cannot apply to these 12 credits.
- 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.
- The Kinesiology Academic Requirements Report in the LionPATH Degree Audit is the official record used to determine graduation eligibility and takes precedence over the Suggested Academic

Plan. The Suggested Academic Plan is provided as a planning tool for students and is not an official university record of degree requirements.

- **Limitations on Source and 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.
- HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

## Applied Exercise Health Option - Health and Physical Education Track: 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 |
|------------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------|---------|
| BIOL 161 (General Education Course, GN) <sup>*†</sup>                                                | 3       | BIOL 163 (General Education Course, GN) <sup>††</sup>                                                          | 3       |
| MATH 26 <sup>*#2</sup>                                                                               | 3       | CHEM 101 or 130 (General Education Course, GN) <sup>*†</sup>                                                   | 3       |
| PSYCH 100 (General Education Course, GS) <sup>*#†2</sup>                                             | 3       | STAT 200, 250, or SCM 200 (General Education Course, GQ) <sup>*#†2</sup>                                       | 3-4     |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>†#2</sup> | 3       | General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) <sup>†</sup> | 3       |
| General Education Course (GA)                                                                        | 3       | General Education Course (Inter-Domain) <sup>*#†1,2</sup>                                                      | 3       |
| First Year Seminar or First Year Experience                                                          | 0-1     |                                                                                                                |         |
| <b>15-16</b>                                                                                         |         | <b>15-16</b>                                                                                                   |         |

### Second Year

| Fall                                                    | Credits | Spring                                                                    | Credits |
|---------------------------------------------------------|---------|---------------------------------------------------------------------------|---------|
| EDPSY 10 (General Education Course, GS) <sup>*#†2</sup> | 3       | CI 280 (General Education Course, GH) <sup>*†</sup>                       | 3       |
| NUTR 251 (General Education Course, GHW) <sup>*#2</sup> | 3       | PHYS 250 (General Education Course, GN) <sup>*†</sup>                     | 4       |
| KINES 202 <sup>*#2</sup>                                | 3       | KINES 100 <sup>*#2</sup>                                                  | 3       |
| KINES 295B <sup>*#2</sup>                               | 1       | KINES 350 <sup>*</sup>                                                    | 3       |
| KINES 101 <sup>*#2</sup>                                | 3       | General Education Course (GWS) (ENGL 202A or 202D suggested) <sup>†</sup> | 3       |
| General Education Course (Inter-Domain) <sup>1</sup>    | 3       |                                                                           |         |
| <b>16</b>                                               |         | <b>16</b>                                                                 |         |

### Third Year

| Fall                   | Credits | Spring                                                  | Credits |
|------------------------|---------|---------------------------------------------------------|---------|
| KINES 201 <sup>*</sup> | 3       | KINES 456 <sup>*</sup>                                  | 4       |
| KINES 360 <sup>*</sup> | 3       | KINES 384 (General Education Course, GQ) <sup>*††</sup> | 3       |
| KINES 341 <sup>*</sup> | 3       | KINES 401 <sup>*</sup>                                  | 3       |
| KINES 200 <sup>*</sup> | 3       | KINES 321 <sup>*</sup>                                  | 3       |
| KINES 267 <sup>*</sup> | 1       | KINES 345 <sup>*</sup>                                  | 3       |
| KINES 367 <sup>*</sup> | 1       |                                                         |         |
| KINES 368 <sup>*</sup> | 2       |                                                         |         |
| <b>16</b>              |         | <b>16</b>                                               |         |

### Fourth Year

| Fall                    | Credits | Spring                  | Credits |
|-------------------------|---------|-------------------------|---------|
| KINES 366 <sup>*</sup>  | 3       | KINES 495A <sup>*</sup> | 12      |
| KINES 395A <sup>*</sup> | 1       |                         |         |
| KINES 400 <sup>*</sup>  | 3       |                         |         |
| KINES 464 <sup>*</sup>  | 3       |                         |         |
| KINES 468W <sup>*</sup> | 3       |                         |         |
| SPLED 400 <sup>*</sup>  | 4       |                         |         |
| <b>17</b>               |         | <b>12</b>               |         |

### Total Credits 123-125

\* 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

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

<sup>2</sup> These requirements are not Entrance-to-Major requirements for all KINES options, but are required for students seeking the HPE Emphasis in the AEH option. More information about entry requirements for the HPE Emphasis can be found at: <https://hhd.psu.edu/kines/undergraduate/major-kinesiology/options/applied-exercise-health/health-and-physical-education>

### 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:

- In selecting Integrative Studies: Inter-Domain classes, students should select at least one class from the approved literature list found at <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

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 (General Education Course, GN) <sup>††</sup>                                              | 3       | CHEM 101, 106, 110, or 130 (General Education Course, GN) <sup>††</sup>                                        | 3-5     |
| MATH 26 <sup>††</sup>                                                                              | 3       | STAT 200, 250, or SCM 200 <sup>††</sup>                                                                        | 3-4     |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>‡</sup> | 3       | General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) <sup>‡</sup> | 3       |
| General Education Course (GA)                                                                      | 3       | General Education Course (Inter-Domain)                                                                        | 3       |
| First Year Seminar or First Year Experience                                                        | 0-1     |                                                                                                                |         |
| <b>12-13</b>                                                                                       |         | <b>12-15</b>                                                                                                   |         |

### Second Year

| Fall                                                   | Credits | Spring                                                                    | Credits |
|--------------------------------------------------------|---------|---------------------------------------------------------------------------|---------|
| EDPSY 10 (General Education Course, GS) <sup>††</sup>  | 3       | CI 280 (General Education Course, GH) <sup>††</sup>                       | 3       |
| NUTR 251 (General Education Course, GHW) <sup>††</sup> | 3       | PHYS 250 or 150 <sup>*</sup>                                              | 3-4     |
| BIOL 163 (General Education Course, GN) <sup>††</sup>  | 3       | PSYCH 100 (General Education Course, GS) <sup>††</sup>                    | 3       |
| General Education Course (Inter-Domain)                | 3       | General Education Course (GWS) (ENGL 202A or 202D suggested) <sup>‡</sup> | 3       |
| <b>12</b>                                              |         | <b>12-13</b>                                                              |         |

### Third Year

| Fall                    | Credits | Spring                  | Credits |
|-------------------------|---------|-------------------------|---------|
| KINES 100 <sup>*</sup>  | 3       | KINES 321 <sup>*</sup>  | 3       |
| KINES 201 <sup>*</sup>  | 3       | KINES 350 <sup>*</sup>  | 3       |
| KINES 295B <sup>*</sup> | 1       | KINES 401 <sup>*</sup>  | 3       |
| KINES 101 <sup>*</sup>  | 3       | KINES 341 <sup>*</sup>  | 3       |
| KINES 202 <sup>*</sup>  | 3       | KINES 345 <sup>*</sup>  | 3       |
| KINES 200 <sup>*</sup>  | 3       | KINES 368 <sup>*</sup>  | 2       |
| KINES 267 <sup>*</sup>  | 1       | KINES 395B <sup>*</sup> | 1       |
| KINES 367 <sup>*</sup>  | 1       |                         |         |
| <b>18</b>               |         | <b>18</b>               |         |

### Fourth Year

| Fall                   | Credits | Spring                  | Credits |
|------------------------|---------|-------------------------|---------|
| KINES 360 <sup>*</sup> | 3       | KINES 495B <sup>*</sup> | 6       |
| KINES 421 <sup>*</sup> | 3       | KINES 495E <sup>*</sup> | 3       |
| KINES 456 <sup>*</sup> | 4       | KINES 457 <sup>*</sup>  | 3       |

|                                                        |   |                        |   |
|--------------------------------------------------------|---|------------------------|---|
| KINES 384 (General Education Course, GQ) <sup>††</sup> | 3 | KINES 485 <sup>*</sup> | 3 |
| KINES 425W, 481W, 492W, or 493W <sup>*</sup>           | 3 |                        |   |
| KINES 400-Level <sup>*</sup>                           | 3 |                        |   |
| <b>19</b>                                              |   | <b>15</b>              |   |

### Total Credits 118-123

\* 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:

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:

- The Kinesiology Academic Requirements Report in the LionPATH Degree Audit is the official record used to determine graduation eligibility and takes precedence over the Suggested Academic Plan. The Suggested Academic Plan is provided as a planning tool for students and is not an official university record of degree 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 (General Education Course, GS) <sup>††</sup>                                             | 3       | BIOL 163 (General Education Course, GN) <sup>††</sup> | 3       |
| BIOL 161 (General Education Course, GN) <sup>††</sup>                                              | 3       | BIOL 164 <sup>*</sup>                                 | 1       |
| BIOL 162 <sup>*</sup>                                                                              | 1       | General Education Course (GA)                         | 3       |
| MATH 26 <sup>*</sup>                                                                               | 3       | General Education Course (GH)                         | 3       |
| General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>‡</sup> | 3       | General Education Course (Inter-Domain)               | 3       |
| First Year Seminar or First Year Experience                                                        | 0-1     | Elective (Suggest Graduate School Prerequisite)       | 3       |
| <b>13-14</b>                                                                                       |         | <b>16</b>                                             |         |

### Second Year

| Fall                                                                                                           | Credits | Spring                                                                      | Credits |
|----------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------|---------|
| CHEM 110 <sup>*</sup>                                                                                          | 3       | STAT 200, 250, or SCM 200 (General Education Course, GQ) <sup>††</sup>      | 3-4     |
| CHEM 111 <sup>*</sup>                                                                                          | 1       | BIOL 110 or 114 <i>and</i> 115 (General Education Course, GN) <sup>††</sup> | 4       |
| NUTR 251 (General Education Course, GHW) <sup>††</sup>                                                         | 3       | CHEM 112 <sup>*</sup>                                                       | 3       |
| PHYS 250 <sup>*</sup>                                                                                          | 4       | CHEM 113 <sup>*</sup>                                                       | 1       |
| General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) <sup>‡</sup> | 3       | Elective (Suggest Graduate School Prerequisite)                             | 4       |
| General Education Course (Inter-Domain)                                                                        | 3       |                                                                             |         |
| <b>17</b>                                                                                                      |         | <b>15-16</b>                                                                |         |

### Third Year

| Fall                                                                      | Credits | Spring                                                 | Credits |
|---------------------------------------------------------------------------|---------|--------------------------------------------------------|---------|
| KINES 101 <sup>*</sup>                                                    | 3       | KINES 100 <sup>*</sup>                                 | 3       |
| KINES 202 <sup>*</sup>                                                    | 3       | KINES 384 (General Education Course, GQ) <sup>††</sup> | 3       |
| KINES 295B or 295 <sup>*</sup>                                            | 1       | KINES 350 <sup>*</sup>                                 | 3       |
| Elective (Suggest Graduate School Prerequisite)                           | 3       | KINES 395B <sup>*</sup>                                | 1       |
| General Education Course (GWS) (ENGL 202A or 202D suggested) <sup>‡</sup> | 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 <sup>*</sup> | 3 |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------------|---|

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16

### Fourth Year

| Fall                                                         | Credits | Spring                                          | Credits |
|--------------------------------------------------------------|---------|-------------------------------------------------|---------|
| KINES 360 <sup>*</sup>                                       | 3       | KINES 321 <sup>*</sup>                          | 3       |
| KINES 341 <sup>*</sup>                                       | 3       | KINES 495B <sup>*</sup>                         | 3       |
| KINES 345 <sup>*</sup>                                       | 3       | KINES 400-level <sup>*</sup>                    | 3       |
| KINES 400-level <sup>*</sup>                                 | 3       | Elective (Suggest Graduate School Prerequisite) | 3       |
| KINES 400-level (Writing Across the Curriculum) <sup>*</sup> | 3       | GWS (ENGL 202A or 202D) <sup>‡</sup>            | 3       |
| <b>15</b>                                                    |         | <b>15</b>                                       |         |

### Total Credits 123-125

\* 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:

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.

### Advising Notes:

- When selecting 12 credits from 400-level KINES courses, a maximum of 3 credits from KINES 496, 408, or 495D may apply; credits from KINES 403 cannot apply to these 12 credits.
- Each campus will need to adjust the semester course schedule planning according to their course offerings.
- 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.
- The Kinesiology Academic Requirements Report in the LionPATH Degree Audit is the official record used to determine graduation eligibility and takes precedence over the Suggested Academic Plan. The Suggested Academic Plan is provided as a planning tool for students and is not an official university record of degree requirements.
- Limitations on Source and 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.