

Kinesiology

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<https://cph.temple.edu/departments-research/departments/department-kinesiology>

The Department of Kinesiology offers programs and courses focused on promoting physical activity for individuals of all ages and abilities. The department offers two undergraduate degree options: 1) a Bachelor of Science in Kinesiology, and 2) a Bachelor of Science in Exercise and Sport Science. Both of these programs prepare our students to enter a variety of jobs in the fields of physical activity, health promotion, and fitness/wellness.

The **Bachelor of Science in Kinesiology** is focused on promoting physical activity for communities and large populations of individuals. Following graduation, our Kinesiology graduates are prepared for a number of workforce opportunities that include working as a physical activity director, corporate wellness coordinator, fitness trainer/instructor and community recreation center manager.

The **Bachelor of Science in Exercise and Sport Science** prepares students to work with individuals or small groups by providing training in exercise physiology and sport performance. Following graduation, our Exercise and Sport Science graduates are prepared for a number of workforce opportunities that include working as exercise physiologists, cardiac rehabilitation, strength and conditioning, and sport performance.

Both degree options provide students with a strong foundation to pursue a graduate degree in kinesiology or exercise science, as well as other professional fields. Both the Kinesiology and Exercise and Sport Science curricula incorporate didactic training, provide hands-on learning that includes laboratory experiences and service-learning opportunities, and focus on inclusive physical activity promotion for individuals and communities.

Programs

- Bachelor of Science in Exercise and Sport Science
- Bachelor of Science in Kinesiology