

Kinesiology BS

Overview

The **Bachelor of Science in Kinesiology**, offered by the Department of Health and Rehabilitation Sciences, prepares students to enter a variety of jobs in the fields of physical activity, health promotion and fitness/wellness. Students learn about the field of kinesiology through an interdisciplinary curriculum that provides students with the basic foundations of movement, which are then applied to helping communities and populations be healthier and more active. The Bachelor of Science in Kinesiology provides multiple career options as there is a growing demand for professionals skilled at integrating physical activity, health and well-being into community settings. This demand is expected to continue growing in the future, particularly since physical activity is one of the most important public health strategies for preventing and managing chronic diseases.

Our students pursue a wide range of pathways, including workforce opportunities and pursuing advanced studies, following graduation from the Kinesiology program.

- Workforce Opportunities:** Our students work in a variety of settings including wellness centers, healthcare systems, school district wellness programs, and rehabilitation centers. Career opportunities include working as a physical activity director, corporate wellness coordinator, fitness trainer/instructor, health club/spa manager, fitness/wellness manager, and community recreation center manager.
- Graduate Training in Kinesiology:** Our students are prepared to attend graduate programs focused on kinesiology, physical activity, and public health.
- Graduate Training in Other Professional Fields:** Our students develop a strong foundation that can prepare them for other graduate programs, including chiropractic school, occupational therapy, and other allied health professions. If pursuing graduate studies is a future goal of yours, please see your academic advisor for further details early in your program of study.

To prepare students for these career pathways, our curriculum incorporates didactic training and hands-on learning experiences. We thoughtfully integrate multiple applied learning experiences, laboratory courses and service-learning opportunities into the Kinesiology program of study.

Campus Location: Main

Program Code: HP-KINS-BS

Contact Information

Sara Kovacs, PhD, Associate Professor and Undergraduate Program Director
 Pearson Hall, Room 245
 1800 North Broad Street, Philadelphia, PA 19121
 215-204-8790
 sara.kovacs@temple.edu

Learn more about the Bachelor of Science in Kinesiology.

These requirements are for students who matriculated in academic year 2023-2024. Students who matriculated prior to fall 2023 should refer to the Archives to view the requirements for their Bulletin year.

Summary of Requirements

University Requirements

All new students are required to complete the university's General Education (GenEd) curriculum.

All Temple students must take a minimum of two writing-intensive courses as part of the major. The specific writing-intensive courses for this major are KINS 3196 and KINS 4196.

College Requirement

All College of Public Health undergraduates must successfully complete the College Core Course, HRPR 1001 Public Health: The Way We Live, Work and Play.

Major Requirements

Code	Title	Credit Hours
Kinesiology Core Courses		
KINS 1201	Introduction to Kinesiology in Public Health	3
KINS 1223	Human Anatomy and Physiology I	4

KINS 1224	Human Anatomy and Physiology II	4
KINS 2203	Physiology of Physical Activity	4
KINS 2204	Motor Behavior	3
KINS 3101	Historical and Philosophical Dimensions of Physical Activity	3
KINS 3196	Psychology of Physical Activity	3
KINS 3202	Biomechanics of Physical Activity	4
KINS 3213	Human Movement and Development	3
KINS 3364	The Science of Health-Related Fitness	3
KINS 3501	Research Methods in Kinesiology	4
KINS 4242	Exercise, Nutrition and Behavior	3
KINS 4196	Sociology of Physical Activity	3
Kinesiology Physical Activity Program (KPAP) Courses		8

Content Electives

Select six from the following: 18

KINS 2424	Functional Anatomy for Kinesiology	
KINS 2501	Physical Activity Across the Lifespan	
KINS 2502	Physical Activity for Individuals with Disabilities	
KINS 3242		
KINS 3252	Exercise Psychology and Adherence	
KINS 3368	Principles of Health Fitness Program Management	
KINS 4239	Self-Development Through Physical Activity	
KINS 4501	Program Planning and Leading Physical Activity and Fitness	
KINS 4502		
HRPR 1444	Movement Injuries: Prevention and Care	
HRPR 2106	An Introduction to Holistic Practices and Integrative Medicine	
SBS 2103	Health Psychology and Human Behavior	
SBS 2216	Ethnicity, Culture and Health	

Total Credit Hours 70

Note: All degree program courses noted above must be completed with a minimum grade of C.

The degree of Bachelor of Science in Kinesiology may be conferred upon a student by recommendation of the faculty upon the satisfactory completion of 120 semester hours of credit.

Suggested Academic Plan**Bachelor of Science in Kinesiology****Suggested Plan for New Students Starting in the 2023-2024 Academic Year**

Year 1		Credit Hours
Fall		
KINS 1201	Introduction to Kinesiology in Public Health	3
KINS 1223	Human Anatomy and Physiology I	4
HRPR 1001	Public Health: The Way We Live, Work and Play	3
ENG 0802	Analytical Reading and Writing	4
or ENG 0812	or Analytical Reading and Writing: ESL	
or ENG 0902	or Honors Writing About Literature	
Credit Hours		14
Spring		
KINS 1224	Human Anatomy and Physiology II	4
GenEd Quantitative Literacy ^{GQ}		4
GenEd Breadth Course		3
Kinesiology Physical Activity Program Course		2
Content Elective		3
Credit Hours		16

Year 2		
Fall		
KINS 2203	Physiology of Physical Activity	4
Kinesiology Physical Activity Program Course		2
IH 0851 or IH 0951	Intellectual Heritage I: The Good Life or Honors Intellectual Heritage I: The Good Life	3
GenEd Breadth Course		3
Free Elective		3
Credit Hours		15
Spring		
KINS 2204	Motor Behavior	3
IH 0852 or IH 0952	Intellectual Heritage II: The Common Good or Honors Intellectual Heritage II: The Common Good	3
GenEd Breadth Course		3
Content Elective		3
Free Elective		3
Credit Hours		15
Year 3		
Fall		
KINS 3101	Historical and Philosophical Dimensions of Physical Activity	3
KINS 3196	Psychology of Physical Activity	3
KINS 3202	Biomechanics of Physical Activity	4
KINS 3213	Human Movement and Development	3
GenEd Breadth Course		3
Credit Hours		16
Spring		
KINS 3364	The Science of Health-Related Fitness	3
KINS 3501	Research Methods in Kinesiology	4
GenEd Breadth Course		3
Content Elective		3
Free Elective		3
Credit Hours		16
Year 4		
Fall		
KINS 4242	Exercise, Nutrition and Behavior	3
Kinesiology Physical Activity Program Course		2
Content Elective		3
Free Elective		3
Free Elective		3
Credit Hours		14
Spring		
KINS 4196	Sociology of Physical Activity	3
Kinesiology Physical Activity Program Course		2
Content Elective		3
Content Elective		3
Free Elective		3
Credit Hours		14
Total Credit Hours		120