

Bachelor of Science in Kinesiology

Learn more about the Bachelor of Science in Kinesiology (<https://www.temple.edu/academics/degree-programs/kinesiology-major-hp-kins-bs>).

The Bachelor of Science in Kinesiology 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 teaches best practices for promoting physical activity among diverse client populations, including people of various ages. Hands-on experience with state-of-the-art technology, such as techniques for measuring physical activity, helps prepare students to be at the cutting edge of their chosen career field. Students take a set of Kinesiology core classes, get to choose content electives from Kinesiology and other departments, and have enough free electives to meet their employment goals and pursue a minor if desired. Sedentary lifestyles and lack of physical activity are major public health issues for populations across the world. Graduates of this program will be equipped to address these challenges by helping people experience the benefits of physical activity, and live healthy and fulfilling lives. The Bachelor of Science in Kinesiology provides multiple career options. Demand for professionals in fields that integrate physical activity, health, and well-being is high now and for the foreseeable future, particularly because physical activity is one of the most important strategies in public health to prevent and manage chronic diseases. Examples of potential career fields and professional roles graduates with this degree might pursue include: physical activity director, chronic disease prevention, health/wellness programming, corporate wellness coordinator, health promotion, fitness trainer/instructor, health club/spa manager, fitness/wellness manager, community recreation center manager, school districts' wellness programs, complementary alternative medicine, chiropractor, addiction support through physical activity, and trauma-informed practices.

Summary of Requirements

University Requirements

All new students are required to complete the university's General Education (GenEd (<http://bulletin.temple.edu/undergraduate/general-education>)) 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 4296, and KINS 4196 or KINS 4596.

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 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 4296 | History and Philosophy of Kinesiology | 3 |
| Select one of the following: | | 3 |
| KINS 4196 | Sociology of Physical Activity | |
| KINS 4596 | Psychology of Physical Activity | |
| Kinesiology Physical Activity Program (KPAP) Courses | | 8 |
| Content Electives | | |
| Select seven from the following: | | 21 |
| KINS 1444 | Movement Injuries: Prevention and Care | |
| KINS 2424 | Functional Anatomy for Kinesiology | |
| KINS 2501 | Physical Activity Across the Lifespan | |
| KINS 2502 | Physical Activity for Individuals with Disabilities | |

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| 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 | |
| KINS 4502 | |
| HRPR 2106 | An Introduction to Holistic Practices and Integrative Medicine |
| SBS 2103 | Health Psychology and Human Behavior |
| SBS 2206 | |
| SBS 2216 | Ethnicity, Culture and Health |
| <hr/> | |
| 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

Requirements for New Students starting in the 2019-2020 Academic Year

| | | |
|--|--|----|
| Year 1 | | |
| Fall | | |
| | Credit Hours | |
| 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, 0812, or 0902 | Analytical Reading and Writing [GW] | 4 |
| <hr/> | | |
| | Term 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 |
| <hr/> | | |
| | Term Credit Hours | 16 |
| Year 2 | | |
| Fall | | |
| KINS 2203 | Physiology of Physical Activity | 4 |
| Kinesiology Physical Activity Program Course | | 2 |
| IH 0851 or 0951 | Intellectual Heritage I: The Good Life [GY] | 3 |
| GenEd Breadth Course | | 3 |
| Free Elective | | 3 |
| <hr/> | | |
| | Term Credit Hours | 15 |
| Spring | | |
| KINS 2204 | Motor Behavior | 3 |
| IH 0852 or 0952 | Intellectual Heritage II: The Common Good [GZ] | 3 |
| GenEd Breadth Course | | 3 |
| Content Elective | | 3 |
| Free Elective | | 3 |
| <hr/> | | |
| | Term Credit Hours | 15 |
| Year 3 | | |
| Fall | | |
| KINS 3202 | Biomechanics of Physical Activity | 4 |

| | | |
|--|--|-----|
| KINS 3213 | Human Movement and Development | 3 |
| GenEd Breadth Course | | 3 |
| Kinesiology Physical Activity Program Course | | 2 |
| Free Elective | | 3 |
| Term Credit Hours | | 15 |
| 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 |
| Term Credit Hours | | 16 |
| Year 4 | | |
| Fall | | |
| Select one of the following: | | 3 |
| KINS 4196 | Sociology of Physical Activity [WI] | |
| KINS 4596 | Psychology of Physical Activity [WI] | |
| KINS 4242 | Exercise, Nutrition and Behavior | 3 |
| Content Elective | | 3 |
| Content Elective | | 3 |
| Free Elective | | 3 |
| Term Credit Hours | | 15 |
| Spring | | |
| KINS 4296 | History and Philosophy of Kinesiology [WI] | 3 |
| Kinesiology Physical Activity Program Course | | 2 |
| Content Elective | | 3 |
| Content Elective | | 3 |
| Free Elective | | 3 |
| Term Credit Hours | | 14 |
| Total Credit Hours: | | 120 |