

**Recommended Academic Plan for Kinesiology/Movement Science (KINES/MOVSC at all campuses)  
Effective Summer 2006**

Semester 1	Credits	Semester 2	Credits
ENGL 015 or 030 (GWS) Composition/Honors Comp.	3	<b>BIOL 141</b> (GN) Physiology	3
<b>PSYCH 100</b> (GS) General Psychology	3	<b>BIOL 142</b> Physiology Lab	1
<b>CHEM 110 &amp; 111</b> (GN) Chem. Principles/Exp. Chemistry	4	Humanities (GH) (US or IL)	3
Arts (GA)	3	<b>MATH 026</b> (GQ) Plane Trigonometry	3
First-Year Seminar	1	Social and Behavioral Sciences (GS) <sup>1</sup>	3
		<b>NUTR 251</b> (GHA) Principles of Nutrition	3
Total Credits:	14	Total Credits:	16
Semester 3	Credits	Semester 4	Credits
<b>STAT 200</b> (GQ) Elementary Statistics	4	<b>KINES 321</b> Psychology of Movement	3
<b>KINES 141</b> (US;IL) Phys. Activity: Historical & Cultural	3	<b>KINES 202</b> Human Anatomy	4
<b>KINES 180</b> Introduction to Kinesiology	3	<b>KINES 295B</b> Career Observations	1
<b>CHEM 112 &amp; 113</b> (GN) Chemical Principles/Exp. Chem.	4	<b>KINES 345</b> Ethics and Movement	3
<b>BIOL 142</b> (if not taken 2 <sup>nd</sup> semester) Physiology Lab	1	<b>PHYS 250R/250L</b> (GN) Introduction to Physics	4
Total Credits:	15	Total Credits:	15
Semester 5	Credits	Semester 6	Credits
<b>KINES 395B</b> Leadership Practicum	1	<b>KINES 360</b> Neurobiology of Motor Control & Devel.	3
<b>KINES 350</b> Exercise Physiology	3	<b>BIOL 110</b> (GN) Basic Concepts & Biodiversity	4
KINES 400-level Course	3	KINES 400-level Course	3
<b>PHYS 251R/251L</b> (GN) Introduction to Physics	4	KINES 400-level Course	3
Arts (GA)	3	Supporting Course <sup>2</sup>	3
Humanities (GH)	3	Elective	1
Total Credits:	17	Total Credits:	17
Semester 7	Credits	Semester 8	Credits
ENGL 202 (A or D suggested) (GWS) Effective Writing	3	<b>KINES 495B</b> Field/Research Practicum	6
KINES 400-level	3	Supporting Course <sup>2</sup> (Suggest KINES 495D)	3-6
KINES 439W, 481W or 492W	3	Supporting Course <sup>2</sup>	0-3
<b>KINES 384</b> Biomechanics	3		
CAS 100 (GWS) Effective Speech	3		
Total Credits:	15	Total Credits:	12

- **Bold** type indicates courses requiring a quality grade of C or better.
- *Italic* type indicates courses that satisfy both major and General Education requirements.
- **Italic Bold** type indicates courses requiring a quality grade of C or better and that satisfy both major and General Education requirements.
- GWS, GHA, GQ, GN, GA, GH, and GS are codes used to identify General Education requirements.
- US, IL, and US;IL are codes used to designate courses that satisfy University United States/International Cultures requirements.
- W is the code used to designate courses that satisfy University Writing Across the Curriculum requirement.

**Advising Notes:** <sup>1</sup>Admission into graduate programs for many allied health medical specialties requires PSYCH 212 and/or 270. Either course can count in Supporting Courses. However, if there is room in General Education, it is preferable to utilize that room. PSYCH 212 is a designated GS; PSYCH 270 may be substituted into GS via Flexibility in General Education 200-400 level rule. If a student chooses to take both PSYCH 212 and 270, we can substitute PSYCH 270 into GS, and PSYCH 212 into GA or GH via the Flexibility in General Education 3-6-9 rule. Exceptions such as these should be discussed with an academic adviser in advance of registering for either course. <sup>2</sup> The list of approved Supporting Courses is at <http://www.hhdev.psu.edu/kines/undergrad/docs/MovSCPReqs2006.pdf>. Please note that the approved supporting courses are at the bottom of the second page of the link.

**Program Notes:**

1. Selecting KINES 495D in the eighth semester can be used to satisfy remaining credits under supporting courses. It allows students to be full-time as well as the opportunity to complete an out-of-town practicum. KINES 495D can be enrolled for 1-6 credits.
2. BIOL 142 is offered at University Park (UP) in the fall semester. It is not offered at UP in the spring semester.