



# KINESIOLOGY

DEPARTMENT OF KINESIOLOGY

**KANSAS STATE**  
**UNIVERSITY**

College of Health and  
Human Sciences

## OUR PROGRAM

Kinesiology is the study of physical activity as it ranges from basic mechanisms of movement to the complex dynamics of physical activity in the context of human health and well-being. Kinesiology students explore the importance of physical activity across a range of tasks, including exercise, daily living, play, sport and work. Using both biological and behavioral approaches, the program combines biomechanical, physiological and sociological perspectives to examine physical activity from cell to society.

## PROGRAM HIGHLIGHTS

Opportunities to participate in undergraduate research and internships • Dedicated student organization • Opportunity to work with the Exercise is Medicine - On Campus month initiative • Education abroad opportunities • Elective credits available from internships

## POTENTIAL CAREER OPPORTUNITIES

- Physician
- Physician Assistant
- Chiropractor
- Public Health Officer
- Personal Trainer
- Physical Therapist
- Registered Nurse
- Occupational Therapist
- Strength and Conditioning Coach

\*Some careers require additional education

### Contact us:

College of Health and Human Sciences  
785-532-5500 [kines@k-state.edu](mailto:kines@k-state.edu)  
[hhs.k-state.edu/kines](http://hhs.k-state.edu/kines)

### Schedule a visit:

K-State Admissions  
785-532-1521 [K-state@K-state.edu](mailto:K-state@K-state.edu)  
[k-state.edu/admissions/visit](http://k-state.edu/admissions/visit)

# BACHELOR OF SCIENCE IN KINESIOLOGY

## KINESIOLOGY

Sample course sequence guide

### Fall

Biobehavioral Bases of Physical Activity  
Expository Writing I  
General Psychology  
College Algebra  
Introduction to Sociology

# 1

### Spring

Public Speaking  
Principles of Biology  
Principles of Macroeconomics  
Humanities Elective  
Well-being 1: You and Community

**16 hours**

**14 hours**

### Fall

Measurement and Research Techniques  
in Kinesiology  
Exercise Behavioral Science & Lab  
Physical Science & Lab  
Introduction to Statistics  
**OR**  
Biometrics I

# 2

### Spring

Expository Writing II  
Human Body I & 2  
**OR**  
Anatomy & Physiology  
Unrestricted Elective  
Well-being 2: Mind and Body

**16 hours**

**15 hours**

### Fall

Physiology of Exercise & Lab  
Exercise Behavior Elective  
Unrestricted Elective  
Unrestricted Elective  
Well-being 3: Money and Meaning

# 3

### Spring

Exercise Physiology Elective  
Kinesiology 300-level or Higher Elective  
Unrestricted Elective  
Unrestricted Elective  
Humanities Elective

**14 hours**

**15 hours**

### Fall

Kinesiology 600-level or Higher Elective  
Kinesiology 300-level or Higher Elective  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective

# 4

### Spring

Kinesiology 300-level or Higher Elective  
Kinesiology 300-level or Higher Elective  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective

**15 hours**

**15 hours**

120 hours are required for degree completion. Kinesiology majors must receive a "C" or better in all kinesiology courses. The College of Health and Human Sciences requires a "C" or higher in Professional Studies courses, and the K-State 8 requirements must be met.