

KINESIOLOGY MAJOR

Program Director: Polly Sebastian Schurer

The Department of Kinesiology offers a Bachelor of Science Degree. Students gain conceptual and experiential knowledge in the anatomical, physiological, psychological, sociological, and historical perspectives on physical activity, movement, exercise and sport. Our undergraduates majoring in Kinesiology will go on to further study in health professions (such as physical therapy, occupational therapy, medicine), sport-related professions (athletic training, strength and conditioning, sport management, sport marketing, coaching), fitness-related professions (exercise leader, personal trainer) and other public health and physical activity-related careers (physical education, recreation). Our students are prepared to pursue graduate programs in Kinesiology and related fields. We offer a vibrant departmental Honors Program to students who excel in our program and seek research experience.

A brief description of the program follows. Students should obtain a current Student Handbook for the Kinesiology degree on the web at <https://sph.umd.edu/academics/departments-units/departments-kinesiology> (<https://sph.umd.edu/academics/departments-units/departments-kinesiology/>). The program requires a grade of "C-" or better in all required course-work.

Program Learning Outcomes

At the completion of the B.S. degree in Kinesiology, students should demonstrate the following outcomes:

1. Students will connect relevant theories and methods within kinesiology to evaluate research in the field.
2. Students will describe how backgrounds and experiences connect with physical activity across diverse populations.
3. Students will communicate the relationship between kinesiology and the goals of public health.
4. Students will apply knowledge of kinesiology to human movement, including their own physical activity.
5. Students will apply principles of kinesiology to human health and disease across the lifespan.
6. Students will understand the historical and current impact of discrimination to identify anti-racist and anti-bias practices which promote health equity and social justice in kinesiology.

REQUIREMENTS

The Kinesiology program offers students the opportunity to study the interdisciplinary body of knowledge related to human physical activity and sport, and to pursue specific specializations so that each individual can prepare for a particular career goal within the broad discipline. To complete the Kinesiology degree a minimum of 120 credits is required, including the general education program.

Course	Title	Credits
Supporting Courses		
BSCI170 & BSCI171	Principles of Molecular & Cellular Biology and Principles of Molecular & Cellular Biology Laboratory	4
BSCI201	Human Anatomy and Physiology I	4
BSCI202	Human Anatomy and Physiology II	4

MATH113	College Algebra and Trigonometry (or higher level MATH course)	3
MATH/STAT	Statistics Course	3
Foundation Courses		
SPHL100	Foundations of Public Health	3
KNES200	Introduction to Kinesiology	3
KNES Core Requirements		
KNES285	History of Physical Culture, Sport, & Science in America	3
KNES287	Sport and American Society	3
KNES300	Biomechanics of Human Motion	4
KNES350	The Psychology of Sports & Exercise	3
KNES360	Physiology of Exercise	4
KNES370	Motor Development	3
KNES385	Motor Control and Learning	4
KNES Upper Level Option Courses		15
Select 15 credits of KNES upper level option courses ¹		
Physical Activity Courses ²		
KNES Activity	4 different KNES physical activity courses	4
Total Credits		67

¹ See handbook or webpage. Note: all Option courses have one or more KNES Core courses as a prerequisite. Prerequisites must be completed with a grade of "C-" or better.

² See handbook or webpage.

GRADUATION PLANS

Click here (<http://sph.umd.edu/content/four-year-plans/>) for roadmaps for graduation plans in the School of Public Health.

Additional information on developing a graduation plan can be found on the following pages:

- <http://4yearplans.umd.edu>
- the Student Academic Success-Degree Completion Policy (<https://academiccatalog.umd.edu/undergraduate/registration-academic-requirements-regulations/academic-advising/#success>) section of this catalog