KINESIOLOGY MAJOR

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. Today there are close to 1000 undergraduates majoring in Kinesiology who will go on to further study in health professions (such as physical therapy, occupational therapy, medicine), sport-related professions (sport management, sport marketing, coaching), fitness-related professions (exercise leader, personal trainer) and other public health and physical activity-related careers. 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 www.sph.umd.edu/KNES. The program requires a grade of "C-" or better in all required course-work.

Program Objectives

The overall mission of the School of Public Health is to promote and protect the health and well-being of the diverse communities throughout Maryland, the nation, and the world through leadership and collaboration in interdisciplinary education, research, practice, and public policy.

The undergraduate educational mission of the Department of Kinesiology is to enable students to develop an interdisciplinary knowledge of kinesiology, value physical activity and its integration within the discipline, and understand how kinesiologists work to improve the health and well-being of individuals and society.

Program Learning Outcomes

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

1. Students will interpret, synthesize, and critically analyze research underlying the kinesiological dimensions of physical activity and health.
2. Students will develop principled reasoning skills necessary to apply and extend kinesiology knowledge to address problems that are relevant to physical activity and the health of diverse populations.
3. Students will integrate, interrogate, and communicate the connection between the scholarship of kinesiology and the goals of public health.
4. Students will engage in a diversity of physical activities both within and outside their formal curriculum.
5. Students will integrate their physical activity experiences with kinesiology sub-disciplinary knowledge.

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.