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
Flexible electives allow students to have an emphasis in health science, physical activity and health promotion, or applied exercise • Hands-on learning through seven dedicated research labs • Dedicated student organization • Opportunity to work with campus through Exercise is Medicine - On Campus month • Education abroad opportunities • Elective credits available from internships

POTENTIAL CAREER OPPORTUNITIES
• Physician
• Physician Assistant
• Chiropractor
• Public Health Officer
• Health Educator
• 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
hhs.k-state.edu/kines

Schedule a visit:
K-State Admissions
785-532-1521  K-state@K-state.edu
k-state.edu/admissions/visit
# Bachelor of Science in Kinesiology

## Sample course sequence guide

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

16 hours

### Spring
- Public Speaking
- Principles of Biology
- Principles of Macroeconomics
- Humanities Elective
- Introduction to Well-being
- Community Well-being
- Financial Well-being

13-14 hours

### Fall
- Measurement and Research Techniques in Kinesiology
- Exercise Behavioral Science
- Physical Science and Lab
- Introduction to Statistics
- OR
- Business and Economic Statistics I

16 hours

### Spring
- Expository Writing II
- Human Body I & 2
- OR
- Anatomy and Physiology
- Unrestricted Elective
- Financial Well-being
- Social Well-being

16 hours

### Fall
- Physiology of Exercise and Lab
- Exercise Behavior Elective
- Kinesiology Concentration Elective
- Unrestricted Elective
- Physical Well-being
- Career Well-being

15 hours

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

15 hours

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

15 hours

### Spring
- Kinesiology 300-level or higher Elective
- Kinesiology 300-level or higher Elective
- Unrestricted Elective
- Unrestricted Elective
- Unrestricted Elective

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.