



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.

DEGREE OPTIONS

- Bachelor of Science in kinesiology
 - emphasis in health science pre-professional
 - emphasis in physical activity and health promotion
 - emphasis in applied exercise
- Minor in kinesiology
- Concurrent Bachelor/Master of Science
- Master of Science in kinesiology

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 7 dedicated research labs
- Dedicated student organizations
- Opportunity to work with campus through Exercise is Medicine- On Campus month
- Education abroad opportunities
- Earn elective credits for internships

POTENTIAL CAREER OPPORTUNITIES

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

*Some careers require additional education



#KStateHHS

hhs.k-state.edu/kines
kines@k-state.edu

KINESIOLOGY

SAMPLE COURSE SEQUENCE GUIDE

FALL

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

16 HOURS

1

SPRING

Public Speaking
Principles of Biology
Principles of Macroeconomics
Foundations of Human Ecology
Humanities Elective

14 HOURS

FALL

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

14 HOURS

2

SPRING

Expository Writing II
Human Body I & 2
OR
Anatomy and Physiology
Unrestricted Elective

16 HOURS

FALL

Physiology of Exercise and Lab
Exercise Behavior Elective
Kinesiology Concentration Elective
Unrestricted Elective

15 HOURS

3

SPRING

Unrestricted Elective
Unrestricted Elective
Unrestricted Elective
Exercise Physiology Elective
Kinesiology 300-level or higher Elective

15 HOURS

FALL

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

15 HOURS

4

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.

CONTACT US

College of Health and Human Sciences
119 Justin Hall, 1324 Lovers Lane
Manhattan, KS 66506
785-532-5500
hhs@k-state.edu

SCHEDULE A VISIT

K-State Admissions
785-532-1521
k-state@k-state.edu
k-state.edu/admissions/visit