

THE UNIVERSITY OF SCRANTON
PANUSKA COLLEGE OF PROFESSIONAL STUDIES
KINESIOLOGY

About the Program

Kinesiology is the study of human movement as it relates to exercise and physical activity. This applied science field is focused on utilizing exercise to prevent disease, facilitate rehabilitation, promote health and enhance human performance.

Outcomes & Opportunities

- There's no substitute for active research in undergraduate education to make your learning transformational. At Scranton, you will be able to dive into meaningful research guided by some of the best staff in the field.
- For internships, many students work closely with strength and conditioning programs such as those at area high schools or local clinics, while other students may pursue internship opportunities closer to home.
- Students are exceptionally well-prepared for graduate school and professional studies, as well as for careers in a variety of health profession fields.
- Approximately 85% of Scranton kinesiology majors pursue advanced study after graduation, with nearly 80% being accepted to their first choice of programs. Many continue at Scranton in the Doctor of Physical Therapy program.

Among the TOP 10 IN
THE NORTH for 27 years

— U.S. News & World Report's
Best Colleges



SUCCESS AHEAD

admissions.scranton.edu/kinesiology

KINESIOLOGY CURRICULUM

Department & Number - Descriptive Title of Course		Fall Cr.	Spr. Cr.
FIRST YEAR			
GE PHIL	PHIL 120 - Introduction to Philosophy	3	
COGNATE	BIOL 110 -111 - (E) Human Anatomy & Physiology & BIOL 110 - 111 Labs ¹	4	4
GE WRTG	WRTG 107 - (FWW) Composition	3	
GE HUMN	GE HUMN ELECT - GE Humanities Elective	3	
GE QUAN	MATH 109 - (Q) Pre-Calculus Mathematics OR MATH 114 - (Q) Calculus I		4
GE EP	KNES 110 - (FYDT,FYOC) Introduction to Kinesiology	3	
MAJOR	NUTR 110 - (E) Introduction to Nutrition		3
MAJOR	KNES 210 - Sport & Exercise Physiology		3
GE FSEM	First Year Seminar ² (Fall)		
		16	14
SECOND YEAR			
GE NSCI	CHEM 112-113 - (E) General & Analytical Chemistry /CHEM 112L-113L	4.5	4.5
MAJOR	KNES 229 - Applied Anatomy & Kinesiology	3	
MAJOR	KNES 375 - Exercise Testing/Programming for Health & Performance**	3	
COGATE	PSYC 110 - (S) Fundamentals of Psychology		3
GE HUMN	HUMN ELECT - Humanities Elective	3	
S/BH ELECT	S/BH ELECT - Social & Behavioral Elective		3
GE	T/RS T/RS 121 - Theology I: Introduction to the Bible – T/RS 122 - Theology II: Introduction to Christian Theology	3	3
GE PHIL	PHIL 210 - Ethics		3
		16.5	16.5
THIRD YEAR			
COGNATE	PHYS 120/PHYS 120L - (E) General Physics I	4	
ELECT	FREE ELECT - Free Electives ³	3	3
MAJOR	KNES 448 - (EPW) Research Methods in Exercise Science	3	
COGNATE	EDUC 120 (Q) Applied Statistics, PSYC 210 (Q) Statistics in the Behavioral Sciences, OR MATH 204 (Q) Introduction to Statistics	3	
MAJOR	KNES 313 - Biomechanics of Human Movement		3
MAJOR	KNES 360 - Essentials of Strength Training & Conditioning**		3
COGNATE	COGNATE ELECT - Cognate Elective ³		3
MAJOR	KNES 380 - Internship in Kinesiology		1-3
GE ELECT	FREE ELECT - Free Elective ³	3	
		16	13-15

Department & Number - Descriptive Title of Course		Fall Cr.	Spr. Cr.
FOURTH YEAR			
MAJOR	KNES 440 - (EPW) Advanced Physiology of Sport & Exercise**	3	
MAJOR	KNES 442 - Clinical Exercise Physiology		3
GE S/BH	S/BH ELECT - Social Behavioral Elective		3
MAJOR	MAJOR ELECT - Major Electives	3	3
GE PHIL or T/RS	PHIL ELECT - Philosophy Elective or T/RS ELECT - Theology Elective	3	
GE HUMN (D)	HUMN ELECT (D) - Humanities Electives	3	3
GE ELECT	FREE ELECT - Free Electives ³	3	1
		15	13
		Total: 120-122 Credits	

CONTACT INFORMATION

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1.888.SCRANTON or visit admissions.scranton.edu

¹ In addition to BIOL 110 -111 with Labs, students may also wish to consider BIOL 141 - BIOL 142 with Labs as these courses may be required for some graduate programs in the allied health professions.

² The selection of a First Year Seminar may fulfill requirements both for the First Year Seminar and a General Education Requirement. Thus, the First Year Seminar will not add to the total credits for the semester. Talk with your advisor if you have any questions.

³ Students with a guaranteed seat in the DPT should consider an advanced PSYC course (PSYC 225 or PSYC 238), BIOL 245 with lab, and PHYS 121/PHYS 121L which are prerequisite courses for the DPT program.

** Includes a Community-Based Learning Project, coordinated via the department and faculty mentors..

Curriculum grid effective for the 2021-22 academic year in accordance with the undergraduate course catalog.