KINESIOLOGY

LEAHY COLLEGE OF HEALTH SCIENCES

ABOUT THE MAJOR

Kinesiology is the science of human movement — where passion for exercise meets purpose. Students explore how physical activity can prevent disease, support recovery, and elevate performance, preparing for careers that promote lifelong health and well-being.

CONTACT US

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admissions.scranton.edu/kinesiology

BEST COLLEGES
U.S.News & WORLD REPORT
NATIONAL UNIVERSITIES
2027

OUTCOMES & OPPORTUNITIES

- Scranton's kinesiology students dive into meaningful research alongside expert faculty and gain real-world experience through internships and community-based learning projects.
- Graduates are exceptionally well-prepared for what comes next — whether it's medical school, allied health programs, or careers in rehabilitation and wellness. Nearly 85% pursue advanced study, with a majority accepted to their top-choice programs.
- Students may apply for a guaranteed seat in Scranton's Doctor of Physical Therapy program — a pathway that offers both confidence and continuity. There is also an option to complete the Kinesiology program in three years with online options available during summer and intersession terms.



THE UNIVERSITY *of* SCRANTON

KINESIOLOGY

120-122 Credits

LEARN MORE!

1st Year: FALL

COURSE#	COURSE TITLE	CREDITS
PHIL 120	Introduction to Philosophy	3
BIOL 110/110L	Human Anatomy and Physiology I	4
WRTG 107	Composition	3
GE HUMN ELECT	GE Humanities Elective	3
KNES 110	Introduction to Kinesiology	3
First Year Seminar		0

Total Credits: **16**

1st Year: SPRING

COURSE#	COURSE TITLE	CREDITS
BIOL 111	Human Anatomy and Physiology II	3
MATH 109	Pre-Calculus Mathematics or **MATH 114** Calculus I	4
NUTR 110	Introduction to Nutrition	3
KNES 210	Sport and Exercise Physiology	3
First Year Seminar		0

Total Credits: **13**

2nd Year: FALL

COURSE#	COURSE TITLE	CREDITS
CHEM 112/112L	General Chemistry	4.5
KNES 229	Applied Anatomy and Kinesiology	3
KNES 375	Exercise Testing/ Programming for Health and Performance	3
HUMN ELECT	Humanities Elective	3
T/RS 121	Theology I: Introduction to the Bible	3

Total Credits: **16.5**

2nd Year: SPRING

COURSE#	COURSE TITLE	CREDITS
CHEM 112/112L	Analytical Chemistry	4.5
PSYC 110	Fundamentals of Psychology	3
S/BH ELECT	Social and Behavioral Elective	3
T/RS 122	Theology II: Introduction to Christian Theology	3
PHIL 210	Ethics	3

Total Credits: **16.5**

3rd Year: FALL

COURSE#	COURSE TITLE	CREDITS
PHYS 120/120L	General Physics I	4
KNES 448	Research Methods in Exercise Science	3
EDUC 120	Applied Statistics, **PSYC 210** Statistics in the Behavioral Sciences, or **MATH 112** Introduction to Statistics	3
COGNATE ELECT	Cognate Elective	3

Total Credits: **15**

3rd Year: SPRING

COURSE#	COURSE TITLE	CREDITS
FREE ELECT	Free Electives	6
KNES 313	Biomechanics of Hum an Movement	3
KNES 360	Essentials of Strength Training and Conditioning	3
MAJOR ELECT	Major Elective	3

Total Credits: **15**

4th Year: FALL

COURSE#	COURSE TITLE	CREDITS
KNES 440	Advanced Physiology of Sport and Exercise	3
KNES 380	Internship in Kinesiology	1-3
PHIL ELECT	Philosophy Elective or **T/RS ELECT** Theology Elective	3
HUMN ELECT	Humanities Elective	3
FREE ELECT	Free Electives	6

Total Credits: **16-18**

4th Year: SPRING

COURSE#	COURSE TITLE	CREDITS
KNES 442	Clinical Exercise Physiology	3
MAJOR ELECT	Major Elective	3
HUMN ELECT	Humanities Elective	3
FREE ELECT	Free Electives	4

Total Credits: **13**

This is a sample curriculum. Please refer to the Undergraduate Catalog at **scranton.edu/catalog**.

09/2026