Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life.

Kinesiology is a diverse major with courses spanning the humanities, behavioral sciences and the life sciences. The range of courses includes topics on the history of sport, sport and society, motor learning, sport and exercise psychology, exercise physiology and biomechanics.

The Kinesiology degree has a strong science base. Students interested in pursuing a degree in Kinesiology should have a strong High School background in the Sciences as reflected in grades in Science classes (C or better) and having taken more than the minimal high school science requirements to graduate.

Completion of BIOL 270 and BIOL 271 before attaining junior standing with a grade of C or better is required to be able to enroll in the Upper Division Core Classes.