BACHELOR OF SCIENCE

KINESIOLOGY

The Bachelor of Science in Kinesiology degree program provides a well-rounded, scholarly understanding of the science of human movement and physical activity. Instruction within the Department of Kinesiology addresses the historical, cultural, developmental, biomechanical, neurological and physiological bases for participation in movement activities.

Students learn how these theoretical foundations shape physical activity, exercise, sport, and wellness for people of all ages. Students develop an understanding of how movement occurs, the factors that directly influence movement, and the benefits of a movement-oriented lifestyle, and the role of physical activity in improving public health.

OUR DEPARTMENT

The Kinesiology Department was one of the first kinesiology programs in the country. Our department is a leader in the study of physical activity and health across the lifespan. We are ranked among the top 10 kinesiology programs in the country and our doctoral program is ranked third by the National Academy of Kinesiology. Our exceptional faculty members come from diverse academic disciplines and are internationally recognized for their scholarship, teaching, and service.

The Kinesiology program offers students the opportunity to pursue specializations, in preparation for a particular career within the broad discipline. Many of our students attain careers in medically-related fields, fitness-related fields, the sport industry, and other professional arenas.
WHAT OUR GRADUATES DO
The Bachelor of Science degree in Kinesiology prepares graduates for a variety of professional opportunities and can help them pursue different career paths. The majority of our majors are interested in careers related to fitness, medical fields, motor development and biomedical specializations. In addition, many students are interested in sports-related careers such as sport management, sport history, sport psychology, public relations, sport journalism and sport sociology. Some students come into the program unsure of career goals, but the flexibility of the major permits development of many different and divergent career tracks.

ABOUT THE PROGRAM
The Department of Kinesiology strives to foster a sense of community by encouraging student engagement and involvement in different departmental sponsored opportunities. We aim to assist students in developing meaningful relationships with faculty, staff, alumni, community partners, and other students. Further, we strive to provide experiences that will enrich a student’s academic, personal, and professional growth. Some of the departmental sponsored developmental activities include:

- **Internships** and our **Experiential Learning** course are invaluable in helping students focus on career options, gain experience in planning, implementing, and evaluating projects, establish professional contacts and decide whether a particular field is truly a good fit both professionally and personally.

- The Department’s **Honors Program** provides an opportunity for students to engage in challenging educational experiences related to the study of human movement, sport, and exercise.

- Some students are able to secure **Faculty-Student Research Opportunities** that allow them to build invaluable skills that will aid in their future success.

- Each year the Department holds various **invited lectures** with professionals in the disciplines that enhance student knowledge.

- Our **student organizations**, The Kinesiology Student Organization (KSO), the Pre-Physical Therapy Association (PPTA), and Phi Alpha Epsilon (PAE) allow students to build community and attend social, professional development, and service events.

- The School of Public Health hosts an **annual career expo** that allows students to network with potential employers and internship sites.

ABOUT THE UMD SCHOOL OF PUBLIC HEALTH
The University of Maryland School of Public Health is a dynamic and growing school located at one of the nation’s top-ranked public research universities. While many schools of public health in the country are limited to graduate education, we offer a large undergraduate program serving a highly diverse student body. Both graduate and undergraduate programs contribute to our School initiatives and commitment to advancing a better state of health in Maryland and beyond.

With over 2,000 students in more than 25 different degree and academic programs, our School of Public Health prepares students to tackle complex and emerging public health issues using the tools of traditional public health disciplines, along with our unique expertise in the role physical activity and families play in personal and population health.