

Kinesiology

235 Forker Building, Ames, IA 50011 ✉ lhawkins@iastate.edu ☎ 515.294.8009 ➔ kin.hs.iastate.edu

The **Department of Kinesiology** promotes health and well-being in our community, state, nation, and world through teaching, research, and outreach. An understanding and application of healthy living behaviors and physical activity are critical to improving the lives of humans of all ages so they can reach their full potential.

UNDERGRADUATE PROGRAMS

- Bachelor of Science (B.S.) in Kinesiology and Health with options in community and public health, exercise science, pre-health professions, and physical education licensure (K-12)
- B.S. in Athletic Training (accredited)
- Health Education endorsement preparation
- Minors in Kinesiology, Health Promotion, Exercise Science, Sport and Recreation, Athletic Coaching, and Dance (part of the Iowa State University interdisciplinary performing arts program)
- Service program in Physical Activity and Health (KIN 100-199)

GRADUATE PROGRAMS

- Master of Science (M.S.) in Kinesiology
- Doctor of Philosophy in Kinesiology
- M.S. and Ph.D. areas of emphasis include biomechanics, exercise physiology, motor control, physical activity and health promotion, pedagogy, and physical activity epidemiology
- B.S./M.S. in Diet and Exercise (jointly administered with Food Science and Human Nutrition)

STUDENT BODY

- 1,384 undergraduate students
- 35 graduate students

ON THE CUTTING EDGE

- The Department of Kinesiology has well-equipped laboratories for research and teaching. In these facilities, faculty can simulate extreme environment, measure and evaluate precise movements of the body, evaluate psychological and behavioral responses to physical activity, study the effects of physical health interventions on health and disease, and identify short and long-term health consequences of physically active and sedentary lifestyles.
- Researchers in the Department of Kinesiology are making groundbreaking discoveries related to human health. Advancements include the effects of exercise on the body's immune function; the role of exercise and nutrition in preserving muscle function during aging; cardiovascular disease risk in law enforcement officers; acute and chronic adaptations of the musculoskeletal system to load, gait, and postural control in individuals with Parkinson's disease; the role of exercise intensity in exercise adherence; children's motivation for physical activity; and physical activity epidemiology in children and adults.
- Kinesiology students and faculty members embrace the land-grant mission of Iowa State through an on-campus adult fitness program, summer youth fitness program, children's dance and movement clinic, Swim & Gym activity program for grade-school children, and physical education instruction for home-schooled and Lab school children.