Physical activity plays an essential role in good health, disease prevention and increasing human performance.

As you prepare for your future career, we'll equip you with both the classroom knowledge and hands-on experience needed to excel in a variety of fitness and professional roles.

In our program, you'll be immersed in the interdisciplinary study of physical activity and its effect on human health, disease prevention and quality of life. You'll acquire a scientific foundation of chemistry, anatomy, physiology, nutrition and public health, and gain an understanding of the physiological, psychological, biomechanical and motor-behavioral bases of physical activity, exercise and sport.

You'll also be well prepared for professional certifications in fitness and conditioning — such as those from ACSM and NSCA — as well as for graduate study in the field.

Experience matters.
We build on a 100-year-plus legacy of ensuring health and well-being for people across the lifespan — in the United States and beyond.

Kinesiology is one of the top choices among undergraduates at Oregon State, and our program is nationally recognized.
A springboard for advanced study
Pre-Therapy and Allied Health Option*

This option is intended for students who want to go on to professional preparation programs in the allied health fields, including athletic training, physical therapy, occupational therapy, nursing, physician assistant studies and medical school. Kinesiology majors with this option gain classroom, clinical and/or community experiences related to the allied health professions.

*GPA information for internship acceptance and acceptance into this option are available at health.oregonstate.edu/degrees/pre-therapy-and-allied-health.