KINESIOLOGY, BS, CONCENTRATION IN ALLIED HEALTH

Social Sciences and Education (sse) (https://catalog.csusb.edu/general-information/sse-kine/

Program Maps for Social Sciences and Education (https://programmap.csusb.edu/academics/interest-clusters/a94a03c6-bc7d-471f-b602-cfefa852c1aa/)

Program Description

The Bachelor of Science Degree in Kinesiology at CSUB covers a broad knowledge base that represents several disciplines that include physical activity leadership, clinical exercise science, personal training and allied health professions. Students majoring in Kinesiology have three concentrations to choose from: Applied Exercise Science, Physical Activity Leadership and Allied Health.

The Concentration in Applied Exercise Science prepares students for careers in the fitness/wellness industry (e.g., corporate fitness) and certain clinical rehabilitation settings (e.g., cardiac rehabilitation). This concentration also provides students with the opportunity to prepare for advanced studies in related disciplines (e.g., master's degree in exercise physiology). This concentration follows current guidelines for academic programs in and prepares students for nationally recognized professional certifications offered by the American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association (NSCA).

The Concentration in Physical Activity Leadership prepares students for careers interested in programs aimed at increasing physical activity. This concentration provides students with the skills and knowledge to become physical education teachers, after-school program leaders, personal trainers, parks and recreation fitness leaders and many more.

The Concentration in Allied Health prepares students that are interested in graduate/professional preparation programs such as Physical Therapy, Occupational Therapy and Physician's Assistants. The curriculum includes the majority of courses required as prerequisites for entry into these programs.

Also, the department offers a variety of activity courses (1500-level) for recreational/fitness purposes. These activity courses are offered on a credit/no-credit basis and 4 units are included in the Kinesiology major requirements. Kinesiology majors must complete 4 different activity courses for the major. Only one online activity course will count toward the major.

Program Requirements

The Bachelor of Science Degree with a major in Kinesiology requires a minimum of 120 units which includes courses for the major and courses for the other university-wide general education graduation requirements.

Discipline Requirements for the Major

Students interested in majoring in Kinesiology should obtain general information about the program early in their lower division career. After declaring as a major in Kinesiology, the student should meet with an appointed advisor within the department to plan a course of study in a specific concentration. This is essential given that certain courses are offered only once a year and that many courses have prerequisites that require completion of sequenced non-major and major courses in order to fulfill these requirements. The cognate courses are some of these prerequisites and are best taken with the lower division general education courses prior to reaching Upper Division status. Majors must earn a grade of “C-” or better in all KINE courses as well as cognate and elective courses required for the major.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td></td>
<td>General Education Requirements</td>
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<tr>
<td></td>
<td>First-Year Seminar (FYS)</td>
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<td>Lower Division Area A: Foundational Skills</td>
<td>9</td>
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<td>Lower Division Area B: Natural Sciences</td>
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<td>Lower Division Area C: Arts and Humanities</td>
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<td>Lower Division Area D: Social and Behavioral Sciences</td>
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<td>Lower Division Area E: Student Enrichment and Lifelong Learning (SELF)</td>
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<td>Lower Division Area F: Ethnic Studies</td>
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<td>American Institutions: Government and History</td>
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<td>Junior Year Diversity &amp; Reflection (JYDR)</td>
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<td>Upper Division Thematic Area A and C</td>
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<td>General Education Capstone</td>
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<td>General Education Subtotal</td>
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<td>Major Requirements</td>
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<td>Required CPR, 1st Aid and AED</td>
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<tr>
<td>KINE 1020</td>
<td>CPR, 1st Aid and AED</td>
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<tr>
<td>KINE 1018</td>
<td>Lifetime Fitness</td>
<td>2</td>
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<td>KINE 2000</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
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<tr>
<td>KINE 3000</td>
<td>Motor Growth and Development Across the Lifespan</td>
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<td>KINE 3010</td>
<td>Measurement and Evaluation in Kinesiology</td>
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<tr>
<td>KINE 3020</td>
<td>Psychology of Sport and Physical Activity</td>
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<tr>
<td>KINE 3030</td>
<td>Functional Anatomy in Kinesiology</td>
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<tr>
<td>KINE 3040</td>
<td>Physiology of Exercise</td>
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<tr>
<td>KINE 4868</td>
<td>Internship and Capstone</td>
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<tr>
<td></td>
<td>Concentration in Allied Health</td>
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<td>Required Major Courses</td>
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<tr>
<td>KINE 2100</td>
<td>Sports Medicine I - Care and Prevention of Athletic Injuries</td>
<td>3</td>
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</tbody>
</table>
KINE 3100  Sports Medicine II: Therapeutic Modalities  3
KINE 4130  Biomechanics of Exercise and Sport  4

Chemistry Cognate Course
CHEM 1000  Foundations of Chemistry  3
or CHEM 1010  Preparation for College Chemistry
or CHEM 1003  Foundations of Chemistry for Healthcare Professionals

Additional Cognate Courses
BIOL 2210  Human Anatomy  4
BIOL 2220  Human Physiology  4
BIOL 2240  Principles of Nutrition  2

Major Electives
Select 18 units from the following:  5

BIOL 2230  Microbiology
CHEM 1000  Foundations of Chemistry
CHEM 1001  Foundations of Chemistry Laboratory
CHEM 1100  Foundations of Analytical Chemistry
CHEM 1600  Foundations of Physical Chemistry
CHEM 2300  Foundations of Organic Chemistry
KINE 4150  Clinical Exercise Physiology
KINE 4160  Exercise and Aging
KINE 4230  Physical Activity for Individuals with Disabilities
MATH 1040  Precalculus I and II Combined
or MATH 1050  Precalculus I

NURS 1010  Medical Terminology
NURS 2190  Lifespan Development
PHYS 2110  College Physics I
PHYS 2120  College Physics II
PSYC 2230  Biological Psychology
PSYC 2250  Lifespan Development
PSYC 3250  Child Psychology
PSYC 3270  Abnormal Psychology

Activity Courses
Select four of the following:  4

Intercollegiate Courses  6
ATHL 1403  Intercollegiate Basketball
ATHL 1413  Intercollegiate Wrestling
ATHL 1423  Intercollegiate Track, Men's
ATHL 1433  Intercollegiate Track, Women
ATHL 1443  Intercollegiate Women's Cross Country
ATHL 1473  Intercollegiate Volleyball
ATHL 1483  Intercollegiate Men's Swimming
ATHL 1493  Intercollegiate Women's Swimming
ATHL 1503  Intercollegiate Softball
ATHL 1513  Intercollegiate Women's Soccer
ATHL 1523  Intercollegiate Golf
ATHL 1533  Intercollegiate Women's Basketball
ATHL 1553  Intercollegiate Baseball
ATHL 1563  Intercollegiate Sand Volleyball
ATHL 1573  Spirit Squad
ATHL 1583  Intercollegiate Men's Soccer
Kinesiology Courses
KINE 1502  Basketball
KINE 1503  Yoga
KINE 1504  Intramurals
KINE 1505  Jogging
KINE 1506  Walking
KINE 1507  Bicycling
KINE 1510  Judo
KINE 1512  Weight Training
KINE 1513  Swim Fitness
KINE 1514  Indoor Cycling
KINE 1515  Interval Training
KINE 1517  Triathlon
KINE 1520  Lifeguard Training
KINE 1522  Water Polo
KINE 1523  Dance
KINE 1524  Archery
KINE 1525  Badminton
KINE 1526  Tennis
KINE 1527  Ultimate Frisbee
KINE 1530  Kickboxing
KINE 1532  Soccer
KINE 1533  Volleyball
KINE 1535  Cardio Combat
KINE 1536  Introduction to Team Sports
KINE 1537  Climbing 101
KINE 1542  Bootcamp
KINE 1543  Karate
KINE 1544  Introduction to Scuba Diving
KINE 1545  Foundations of Functional Movement
KINE 1546  Beginning Swim
KINE 1547  Sand Volleyball
KINE 1550  Introduction to Olympic Lifting
KINE 1552  Fencing
KINE 1553  Intermediate Volleyball
KINE 1554  Pop Pilates
KINE 1555  Rugby
KINE 1556  Pickleball
KINE 1557  Beginning Golf

Online Courses  7
KINE 1505  Jogging
KINE 1506  Walking
KINE 1507  Bicycling
KINE 1513  Swim Fitness

Major Subtotal  71

Additional Units Needed Towards Graduation  4-5

Total Units  119-120

1 A modification to the GE program has been approved that allows major requirements to satisfy LD Area B.
2 SELF requirement is satisfied as part of the major (KINE 1018 Lifetime Fitness).
3 Capstone is satisfied as part of KINE 4868 Internship and Capstone.
KINE 2000 Introduction to Kinesiology is a prerequisite to all other core KINE courses 3000-level and above (it can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework.

Consultation with advisor highly recommended for alignment with professional preparation programs such as physical therapy, occupational therapy or physician’s assistant.

Only 1 intercollegiate activity course will count toward the major

Only 1 online activity course will count toward the major