

# KINESIOLOGY, BS, CONCENTRATION IN APPLIED EXERCISE SCIENCE

Social Sciences and Education (sse) (<https://catalog.csub.edu/general-information/csub-information/school-social-sciences-education/>)

Department of Kinesiology (<https://catalog.csub.edu/general-information/csub-information/school-social-sciences-education/department-kinesiology/>)

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[www.csub.edu/sse/kine](http://www.csub.edu/sse/kine) (<http://www.csub.edu/sse/kine/>)

Program Maps for Social Sciences and Education (<https://programmmap.csub.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 those 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.

Code	Title	Units
<b>General Education Requirements</b>		
	First-Year Seminar (FYS)	2
	Lower Division Area A: Foundational Skills	9
	Lower Division Area B: Natural Sciences <sup>1</sup>	3
	Lower Division Area C: Arts and Humanities	6
	Lower Division Area D: Social and Behavioral Sciences	3
	Lower Division Area E: Student Enrichment and Lifelong Learning (SELF) <sup>2</sup>	0
	Lower Division Area F: Ethnic Studies	3
	American Institutions: Government and History	6
	Junior Year Diversity & Reflection (JYDR)	3
	Graduation Writing Assessment Requirement (GWAR)	3
	Upper Division Thematic Area B and C	6
	General Education Capstone <sup>3</sup>	0
	<i>General Education Subtotal</i>	44
<b>Major Requirements</b>		
<i>Required CPR, 1st Aid and AED</i>		
KINE 1020	CPR, 1st Aid and AED	1
<i>Required Core Courses</i>		
KINE 1018	Lifetime Fitness	2
KINE 2000	Introduction to Kinesiology <sup>4</sup>	3
KINE 3000	Motor Growth and Development Across the Lifespan	3
KINE 3010	Measurement and Evaluation in Kinesiology	3
KINE 3020	Psychology of Sport and Physical Activity	3
KINE 3030	Functional Anatomy in Kinesiology	4
KINE 3040	Physiology of Exercise	4
KINE 4868	Internship and Capstone	3
<b>Concentration in Applied Exercise Science</b>		
<i>Required Major Courses</i>		
KINE 2100	Sports Medicine I - Care and Prevention of Athletic Injuries	3

KINE 4110	Exercise Prescription for Health and Performance	4	ATHL 1553	Intercollegiate Baseball	
KINE 4120	Principles of Strength and Conditioning	3	ATHL 1563	Intercollegiate Sand Volleyball	
KINE 4130	Biomechanics of Exercise and Sport	4	ATHL 1573	Spirit Squad	
KINE 4140	Advanced Physiology of Exercise	4	ATHL 1583	Intercollegiate Men's Soccer	
KINE 4150	Clinical Exercise Physiology	3	Kinesiology Courses		
<i>Chemistry Cognate Course</i>			KINE 1502	Basketball	
CHEM 1010	Preparation for College Chemistry	3	KINE 1503	Yoga	
or CHEM 1003	Foundations of Chemistry for Healthcare Professionals		KINE 1504	Intramurals	
<i>Biology Cognate Courses</i>			KINE 1505	Jogging	
BIOL 2210	Human Anatomy	4	KINE 1506	Walking	
BIOL 2220	Human Physiology	4	KINE 1507	Bicycling	
BIOL 2240	Principles of Nutrition	2	KINE 1510	Judo	
<i>Major Electives</i>			KINE 1512	Weight Training	
Select two of the following:		6	KINE 1513	Swim Fitness	
KINE 3100	Sports Medicine II: Therapeutic Modalities		KINE 1514	Indoor Cycling	
KINE 3118	Epidemiology and Wellness		KINE 1515	Interval Training	
KINE 3120	Nutrient Utilization for Human Performance and Sport		KINE 1517	Triathlon	
KINE 3130	Leadership and Teaching of Group Fitness		KINE 1520	Lifeguard Training	
KINE 3300	Sociology of Sport and Physical Activity		KINE 1522	Water Polo	
KINE 3310	Legal and Ethical Issues in Physical Activity Settings		KINE 1523	Dance	
KINE 3320	Motor Control and Learning		KINE 1524	Archery	
KINE 3330	Psychology of Coaching		KINE 1525	Badminton	
KINE 4160	Exercise and Aging		KINE 1526	Tennis	
KINE 4170	Worksite Health Promotion		KINE 1527	Ultimate Frisbee	
KINE 4210	Administration and Management of Physical Activity Programs		KINE 1530	Kickboxing	
KINE 4220	Behavioral Aspects of Physical Activity and Exercise		KINE 1532	Soccer	
KINE 4230	Physical Activity for Individuals with Disabilities		KINE 1533	Volleyball	
KINE 4240	Techniques of Teaching Lifelong Physical Activity		KINE 1535	Cardio Combat	
KINE 4250	Physical Activity for Diverse Lifespan Populations		KINE 1536	Introduction to Team Sports	
KINE 4800	Directed Research		KINE 1537	Climbing 101	
KINE 4850	Individual Study		KINE 1542	Bootcamp	
KINE 4870	Cooperative Education		KINE 1543	Karate	
KINE 4890	Experiential Learning		KINE 1544	Introduction to Scuba Diving	
<i>Activity Courses</i>			KINE 1545	Foundations of Functional Movement	
Select four of the following:		4	KINE 1546	Beginning Swim	
Intercollegiate Courses <sup>5</sup>			KINE 1547	Sand Volleyball	
ATHL 1403	Intercollegiate Basketball		KINE 1550	Introduction to Olympic Lifting	
ATHL 1413	Intercollegiate Wrestling		KINE 1552	Fencing	
ATHL 1423	Intercollegiate Track, Men's		KINE 1553	Intermediate Volleyball	
ATHL 1433	Intercollegiate Track, Women		KINE 1554	Pop Pilates	
ATHL 1443	Intercollegiate Women's Cross Country		KINE 1555	Rugby	
ATHL 1473	Intercollegiate Volleyball		KINE 1556	Pickleball	
ATHL 1483	Intercollegiate Men's Swimming		KINE 1557	Beginning Golf	
ATHL 1493	Intercollegiate Women's Swimming		Online Courses <sup>6</sup>		
ATHL 1503	Intercollegiate Softball		KINE 1505	Jogging	
ATHL 1513	Intercollegiate Women's Soccer		KINE 1506	Walking	
ATHL 1523	Intercollegiate Golf		KINE 1507	Bicycling	
ATHL 1543	Intercollegiate Women's Basketball		KINE 1513	Swim Fitness	
			<i>Major Subtotal</i>		70
			<b>Additional Units Needed Towards Graduation</b>		<b>5-6</b>
			<b>Total Units</b>		<b>119-120</b>

<sup>1</sup> A modification to the GE program has been approved that allows major requirements to satisfy LD Area B.

<sup>2</sup> SELF requirement is satisfied as part of the major (KINE 1018 Lifetime Fitness)

<sup>3</sup> Capstone is satisfied as part of KINE 4868 Internship and Capstone.

<sup>4</sup> 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.

<sup>5</sup> Only 1 intercollegiate activity course will count toward the major

<sup>6</sup> Only 1 online activity course will count toward the major