KINESIOLOGY, BS, CONCENTRATION IN APPLIED EXERCISE SCIENCE

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

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

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Email: KINE@csub.edu

www.csub.edu/sse/kine (http://www.csub.edu/sse/kine/)

Program Maps for Social Sciences and Education (https://programmap.csub.edu/academics/interest-clusters/a94a03c6-2bc7d-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). The 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.

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<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>
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<tr>
<td></td>
<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>Graduation Writing Assessment Requirement (GWAR)</td>
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<td>Upper Division Thematic Area B and C</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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<td>Required Core Courses</td>
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<tr>
<td>KINE 1018</td>
<td>Lifetime Fitness</td>
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<tr>
<td>KINE 2000</td>
<td>Introduction to Kinesiology</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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<td>KINE 3020</td>
<td>Psychology of Sport and Physical Activity</td>
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<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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<td>KINE 4868</td>
<td>Internship and Capstone</td>
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<tr>
<td></td>
<td>Concentration in Applied Exercise Science</td>
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<td>KINE 2100</td>
<td>Sports Medicine I - Care and Prevention of Athletic Injuries</td>
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<td>KINE 4110</td>
<td>Exercise Prescription for Health and Performance</td>
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<td>KINE 4120</td>
<td>Principles of Strength and Conditioning</td>
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<td>KINE 4130</td>
<td>Biomechanics of Exercise and Sport</td>
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<td>KINE 4140</td>
<td>Advanced Physiology of Exercise</td>
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<tr>
<td>KINE 4150</td>
<td>Clinical Exercise Physiology</td>
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**Chemistry Cognate Course**

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<tbody>
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<td>CHEM 1010</td>
<td>Preparation for College Chemistry</td>
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<tr>
<td>or CHEM 1003</td>
<td>Foundations of Chemistry for Healthcare Professionals</td>
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**Biology Cognate Courses**

<table>
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<tr>
<td>BIOL 2210</td>
<td>Human Anatomy</td>
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<tr>
<td>BIOL 2220</td>
<td>Human Physiology</td>
<td>4</td>
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<tr>
<td>BIOL 2240</td>
<td>Principles of Nutrition</td>
<td>2</td>
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</tbody>
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**Major Electives**

Select two of the following: 6

- KINE 3100 Sports Medicine II: Therapeutic Modalities
- KINE 3118 Epidemiology and Wellness
- KINE 3120 Nutrient Utilization for Human Performance and Sport
- KINE 3130 Leadership and Teaching of Group Fitness
- KINE 3300 Sociology of Sport and Physical Activity
- KINE 3310 Legal and Ethical Issues in Physical Activity Settings
- KINE 3320 Motor Control and Learning
- KINE 3330 Psychology of Coaching
- KINE 4160 Exercise and Aging
- KINE 4170 Worksite Health Promotion
- KINE 4210 Administration and Management of Physical Activity Programs
- KINE 4220 Behavioral Aspects of Physical Activity and Exercise
- KINE 4230 Physical Activity for Individuals with Disabilities
- KINE 4240 Techniques of Teaching Lifelong Physical Activity
- KINE 4250 Physical Activity for Diverse Lifespan Populations
- KINE 4800 Directed Research
- KINE 4850 Individual Study
- KINE 4870 Cooperative Education
- KINE 4890 Experiential Learning

**Activity Courses**

Select four of the following: 4

- 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 1543 Intercollegiate Women's Basketball

- 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**

- KINE 1505 Jogging
- KINE 1506 Walking
- KINE 1507 Bicycling
- KINE 1513 Swim Fitness

**Major Subtotal** 70

**Additional Units Needed Towards Graduation** 5-6

**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.
4 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.
5 Only 1 intercollegiate activity course will count toward the major.
6 Only 1 online activity course will count toward the major.