KINESIOLOGY, BS, CONCENTRATION IN APPLIED EXERCISE SCIENCE

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

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

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Program Maps for Social Sciences and Education (https://programmap.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 or 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 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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<tr>
<td></td>
<td>Lower Division Area A: Foundational Skills</td>
<td>9</td>
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<tr>
<td></td>
<td>Lower Division Area B: Natural Sciences</td>
<td>3</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></td>
<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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<tr>
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<td>Required Core Courses</td>
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<tr>
<td>KINE 1018</td>
<td>Lifetime Fitness</td>
<td>2</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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<tr>
<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>
<td>4</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></td>
<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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<td>Course Title</td>
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<tr>
<td>KINE 4110</td>
<td>Exercise Prescription for Health and Performance</td>
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<tr>
<td>KINE 4120</td>
<td>Principles of Strength and Conditioning</td>
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<tr>
<td>KINE 4130</td>
<td>Biomechanics of Exercise and Sport</td>
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<tr>
<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>
<tr>
<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>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<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>
</tr>
<tr>
<td>BIOL 2240</td>
<td>Principles of Nutrition</td>
<td>2</td>
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</tbody>
</table>

**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

**Intercollegiate Courses**

- 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**

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

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

**Total Units** 119-120
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