

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/>)

Program Maps for Social Sciences and Education (<https://programmmap.csub.edu/academics/interest-clusters/a94a03c6-bc7d-471f-b602-cfe8a852c1aa/>)

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
General Education Requirements		
	First-Year Seminar (FYS)	2
	Lower Division Area A: Foundational Skills	9
	Lower Division Area B: Natural Sciences ¹	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) ²	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 ³		0
<i>General Education Subtotal</i>		44
Major Requirements		
<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 ⁴	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
Concentration in Applied Exercise Science		
<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
KINE 4120	Principles of Strength and Conditioning	3
KINE 4130	Biomechanics of Exercise and Sport	4
KINE 4140	Advanced Physiology of Exercise	4
KINE 4150	Clinical Exercise Physiology	3
<i>Chemistry Cognate Course</i>		
CHEM 1010	Preparation for College Chemistry	3
	or CHEM 1003 Foundations of Chemistry for Healthcare Professionals	
<i>Biology Cognate Courses</i>		
BIOL 2210	Human Anatomy	4
BIOL 2220	Human Physiology	4
BIOL 2240	Principles of Nutrition	2
<i>Major Electives</i>		
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		
<i>Activity Courses</i>			
Select four of the following:		4	
<i>Intercollegiate Courses</i> ⁵			
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		
ATHL 1553	Intercollegiate Baseball		
ATHL 1563	Intercollegiate Sand Volleyball		
ATHL 1573	Spirit Squad		
ATHL 1583	Intercollegiate Men's Soccer		
<i>Kinesiology Courses</i>			
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		
<i>Online Courses</i> ⁶			
KINE 1505	Jogging		
KINE 1506	Walking		
KINE 1507	Bicycling		
KINE 1513	Swim Fitness		
<i>Major Subtotal</i>			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