

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-cfefa852c1aa/>)

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	3
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	4
<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 1545	Foundations of Functional Movement	
KINE 4850	Individual Study		KINE 1546	Beginning Swim	
KINE 4870	Cooperative Education		KINE 1547	Sand Volleyball	
KINE 4890	Experiential Learning		KINE 1550	Introduction to Olympic Lifting	
<i>Activity Courses</i>			KINE 1552	Fencing	
Select four of the following:		4	KINE 1553	Intermediate Volleyball	
<i>Intercollegiate Courses</i> ⁵			KINE 1554	Pop Pilates	
ATHL 1403	Intercollegiate Basketball		KINE 1555	Rugby	
ATHL 1413	Intercollegiate Wrestling		KINE 1556	Pickleball	
ATHL 1423	Intercollegiate Track, Men's		KINE 1557	Beginning Golf	
ATHL 1433	Intercollegiate Track, Women		<i>Online Courses</i> ⁶		
ATHL 1443	Intercollegiate Women's Cross Country		KINE 1505	Jogging	
ATHL 1473	Intercollegiate Volleyball		KINE 1506	Walking	
ATHL 1483	Intercollegiate Men's Swimming		KINE 1507	Bicycling	
ATHL 1493	Intercollegiate Women's Swimming		KINE 1513	Swim Fitness	
ATHL 1503	Intercollegiate Softball		<i>Major Subtotal</i>		70
ATHL 1513	Intercollegiate Women's Soccer		Additional Units Needed Towards Graduation		5-6
ATHL 1523	Intercollegiate Golf		Total Units		119-120
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				

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