# Kinesiology, BS, Concentration in Physical Activity Leadership

Social Sciences and Education (sse) ([Link](https://catalog.csub.edu/general-information/cs.../department-kinesiology/))

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Email: KINE@csub.edu

Program Maps for Social Sciences and Education ([Link](https://programmap.csub.edu/academics/interest-clusters/a94a03c6-bc7d-471f-b602-cfe8a852c1a8/))

## 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>General Education Requirements</td>
<td></td>
</tr>
<tr>
<td>FYS</td>
<td>First-Year Seminar</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Lower Division Area A: Foundational Skills</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Lower Division Area B: Natural Sciences</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Lower Division Area C: Arts and Humanities</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Lower Division Area D: Social and Behavioral Sciences</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Lower Division Area E: Student Enrichment and Lifelong Learning (SELF)</td>
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</tr>
<tr>
<td></td>
<td>Lower Division Area F: Ethnic Studies</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>American Institutions: Government and History</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Junior Year Diversity &amp; Reflection (JYDR)</td>
<td>3</td>
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</table>

### Graduation Writing Assessment Requirement (GWAR)  3
### Upper Division Thematic Area B and C  6
### General Education Capstone  3
### General Education Subtotal  44

## Major Requirements

### Required Major Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 1020</td>
<td>CPR, 1st Aid and AED</td>
<td>1</td>
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### Required Core Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>KINE 1018</td>
<td>Lifetime Fitness</td>
<td>2</td>
</tr>
<tr>
<td>KINE 2000</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3000</td>
<td>Motor Growth and Development Across the Lifespan</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3010</td>
<td>Measurement and Evaluation in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3020</td>
<td>Psychology of Sport and Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3030</td>
<td>Functional Anatomy in Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>KINE 3040</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>KINE 4868</td>
<td>Internship and Capstone</td>
<td>3</td>
</tr>
</tbody>
</table>

### Concentration in Physical Activity Leadership

#### Required Major Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 4120</td>
<td>Principles of Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4210</td>
<td>Administration and Management of Physical Activity Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4220</td>
<td>Behavioral Aspects of Physical Activity and Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4230</td>
<td>Physical Activity for Individuals with Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4240</td>
<td>Techniques of Teaching Lifelong Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4250</td>
<td>Physical Activity for Diverse Lifespan Populations</td>
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</table>

### Chemistry Cognate Course

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>CHEM 1010</td>
<td>Preparation for College Chemistry</td>
<td>3</td>
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</table>

### Biology Cognate Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>BIOL 2210</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<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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</table>

### Major Electives

Select two of the following:  6

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 2100</td>
<td>Sports Medicine I: Care and Prevention of Athletic Injuries</td>
<td></td>
</tr>
<tr>
<td>KINE 3100</td>
<td>Sports Medicine II: Therapeutic Modalities</td>
<td></td>
</tr>
<tr>
<td>KINE 3118</td>
<td>Epidemiology and Wellness</td>
<td></td>
</tr>
<tr>
<td>KINE 3120</td>
<td>Nutrient Utilization for Human Performance and Sport</td>
<td></td>
</tr>
<tr>
<td>KINE 3130</td>
<td>Leadership and Teaching of Group Fitness</td>
<td></td>
</tr>
<tr>
<td>KINE 3300</td>
<td>Sociology of Sport and Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KINE 3310</td>
<td>Legal and Ethical Issues in Physical Activity Settings</td>
<td></td>
</tr>
<tr>
<td>KINE 3320</td>
<td>Motor Control and Learning</td>
<td></td>
</tr>
<tr>
<td>KINE 3330</td>
<td>Psychology of Coaching</td>
<td></td>
</tr>
<tr>
<td>KINE 3338</td>
<td>Women, Sport and Physical Activity</td>
<td></td>
</tr>
<tr>
<td>KINE 3340</td>
<td>Child and Adolescent Physical Activity and Health</td>
<td></td>
</tr>
<tr>
<td>KINE 4110</td>
<td>Exercise Prescription for Health and Performance</td>
<td></td>
</tr>
<tr>
<td>KINE 4130</td>
<td>Biomechanics of Exercise and Sport</td>
<td></td>
</tr>
</tbody>
</table>
KINE 4140  Advanced Physiology of Exercise
KINE 4150  Clinical Exercise Physiology
KINE 4160  Exercise and Aging
KINE 4170  Worksite Health Promotion
KINE 4800  Directed Research
KINE 4850  Individual Study
KINE 4870  Cooperative Education
KINE 4890  Experiential Learning

Activity Courses
Select four of the following: 4

Intercollegiate Courses 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

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 6
KINE 1505  Jogging
KINE 1506  Walking
KINE 1507  Bicycling
KINE 1513  Swim Fitness

Major Subtotal 67

Additional Units Needed Towards Graduation 8-9

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