

KINESIOLOGY, BS, CONCENTRATION IN PHYSICAL ACTIVITY LEADERSHIP

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

Required Core Courses

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 Physical Activity Leadership

Required Major Courses

KINE 4120	Principles of Strength and Conditioning	3
KINE 4210	Administration and Management of Physical Activity Programs	3
KINE 4220	Behavioral Aspects of Physical Activity and Exercise	3
KINE 4230	Physical Activity for Individuals with Disabilities	3
KINE 4240	Techniques of Teaching Lifelong Physical Activity	3
KINE 4250	Physical Activity for Diverse Lifespan Populations	3

Chemistry Cognate Course

CHEM 1010	Preparation for College Chemistry	3
or CHEM 1003	Foundations of Chemistry for Healthcare Professionals	

Biology Cognate Courses

BIOL 2210	Human Anatomy	4
BIOL 2220	Human Physiology	4
BIOL 2240	Principles of Nutrition	2

Major Electives

Select two of the following:			6
KINE 2100	Sports Medicine I - Care and Prevention of Athletic Injuries		
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 3338	Women, Sport and Physical Activity		
KINE 3340	Child and Adolescent Physical Activity and Health		
KINE 4110	Exercise Prescription for Health and Performance		
KINE 4130	Biomechanics of Exercise and Sport		

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	
<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>		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