

**Department of Kinesiology**  
**School of Social Sciences and Education**  
**Department Chair:** Kris Grappendorf  
**Department Office:** Education Building, 140  
**Telephone:** (661) 654-2187  
**email:** KINE@csub.edu

**Website:** www.csub.edu/sse/kine

**Faculty:** J. Moffit, C. Johnson, J. Miller, B. Street, E. Wang, B. Sanchez, Z. Zenko, K. Knutzen

## 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 interested in 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's 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. Up to 5 units of activity courses may be applied toward the 120-unit CSUB graduation requirement.

## Requirements for the Bachelor of Science Degree with a Major in Kinesiology

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 a major in Kinesiology, they 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.

## Requirements for Bachelor of Science Degree in Kinesiology: Concentration in Allied Health

<b>Total Units Required to Graduate</b>	<b>120 units</b>
<b>Major Requirements</b>	<b>72 units</b>
Core Courses	30
Major Courses	10
Major Electives	18
Cognates	14
<b>Minor Requirements</b>	<b>0 units</b>
<b>General Education Requirements</b>	<b>41-44 units</b>
First-Year Seminar	2
LD Area A Foundational Skills	12
LD Area B Natural Sciences	0-6*
LD Area C Arts and Humanities	6
LD Area D Social and Behavioral Sciences	6
American Institutions	6
SELF	0***
Junior Year Diversity Requirement	3
UD Thematic Areas B and C	6
Capstone	0**
GWAR (Exam) or Class	0-3****
<b>Additional Units</b>	<b>4-7 units</b>

\*A modification to the GE program has been approved that allows major requirements to satisfy LD Area B.

\*\*Capstone is satisfied as part of KINE 4868.

\*\*\*SELF requirement is satisfied as part of the major (KINE 1018).

\*\*\*\*The GWAR can be satisfied by exam or a course.

# KINESIOLOGY

## Requirements for the Major in Kinesiology: Concentration in Allied Health

### Required Core Courses (All Concentrations)

1. KINE 1018
2. KINE 1020
3. KINE 1500-1597 (Select 4 different courses). Only one online activity course (KINE 1505, 1506, 1507 or 1513) will count toward the major.
4. KINE 2000\*, 3000, 3010, 3020, 3030, 3040, 4868  
\*KINE 2000 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.

### Concentration in Allied Health

1. **Required Major Courses** (3 courses)  
KINE 2100, 3100, 4130
2. **Major Electives** (6 courses based upon emphasis within concentration)  
Electives may be chosen from the following courses: ART 2300, 3300, 3310, BIOL 2010, 2230, CHEM 2200, 2300, 2400, MATH 1040, 1050, NURS 1010, PHYS 2110, 2120, PSYC 2250, 3250, 3300, 3310  
a. Consultation with advisor highly recommended for alignment with professional preparation programs such as physical therapy, occupational therapy or physician's assistant.
3. **Required Cognate Courses** (5 courses)  
BIOL 2210, 2220, 2240, CHEM 1000 and PSYC 3270

## Requirements for the Bachelor of Science Degree in Kinesiology: Concentration in Applied Exercise Science

<b>Total Units Required to Graduate</b>	<b>120 units</b>
<b>Major Requirements</b>	<b>67 units</b>
Core Courses	30
Major Courses	20
Major Electives	6
Cognates	11
<b>Minor Requirements</b>	<b>0 units</b>
<b>General Education Requirements</b>	<b>41-44 units</b>
First-Year Seminar	2
LD Area A Foundational Skills	12
LD Area B Natural Sciences	0-6*
LD Area C Arts and Humanities	6
LD Area D Social and Behavioral Sciences	6
American Institutions	6
SELF	0***
Junior Year Diversity Requirement	3
UD Thematic Areas B and C	6
Capstone	0**
GWAR (Exam) or Class	0-3****
<b>Additional Units</b>	<b>9-12 units</b>

\*A modification to the GE program has been approved that allows major requirements to satisfy LD Area B.

\*\*Capstone is satisfied as part of KINE 4868.

\*\*\*SELF requirement is satisfied as part of the major (KINE 1018).

\*\*\*\*The GWAR can be satisfied by exam or a course.

## Requirements for the Major in Kinesiology: Concentration in Applied Exercise Science

### Required Core Courses (All Concentrations)

1. KINE 1018
2. KINE 1020
3. KINE 1500-1597 (Select 4 different courses). Only one online activity course (KINE 1505, 1506, 1507 or 1513) will count toward the major.
4. KINE 2000\*, 3000, 3010, 3020, 3030, 3040, 4868  
\*KINE 2000 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.

### Concentration in Applied Exercise Science

1. **Required Major Courses** (6 courses)  
KINE 2100, 4110, 4120, 4130, 4140, 4150
2. **Major Electives** (2 courses based upon emphasis within concentration)  
Electives may be chosen from the following courses:  
KINE 3100, 3118, 3120, 3130, 3300, 3310, 3320, 3330, 4160, 4170, 4210, 4220, 4230, 4240, 4250, 4800, 4850, 4870, 4890
3. **Required Cognate Courses** (4 courses)  
BIOL 2210, 2220, 2240 and CHEM 1000

## Requirements for the Bachelor of Science Degree in Kinesiology: Concentration in Physical Activity Leadership

<b>Total Units Required to Graduate</b>	<b>120 units</b>
<b>Major Requirements</b>	<b>65 units</b>
Core Courses	30
Major Courses	18
Major Electives	6
Cognates	11
<b>Minor Requirements</b>	<b>0 units</b>
<b>General Education Requirements</b>	<b>41-44 units</b>
First-Year Seminar	2
LD Area A Foundational Skills	12
LD Area B Natural Sciences	0-6*
LD Area C Arts and Humanities	6
LD Area D Social and Behavioral Sciences	6
American Institutions	6
SELF	0***
Junior Year Diversity Requirement	3
UD Thematic Areas B and C	6
Capstone	0**
GWAR (Exam) or Class	0-3****
<b>Additional Units</b>	<b>11-14 units</b>

\*A modification to the GE program has been approved that allows major requirements to satisfy LD Area B.

\*\*Capstone is satisfied as part of KINE 4868.

\*\*\*SELF requirement is satisfied as part of the major (KINE 1018).

\*\*\*\*The GWAR can be satisfied by exam or a course.

### **Requirements for the Major in Kinesiology: Concentration in Physical Activity Leadership**

#### **Required Core Courses (All Concentrations)**

1. KINE 1018
2. KINE 1020
3. KINE 1500-1597 (Select 4 different courses). Only one online activity course (KINE 1505, 1506, 1507 or 1513) will count toward the major.
4. KINE 2000\*, 3000, 3010, 3020, 3030, 3040, 4868
  - a. KINE 2000 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.

#### **Concentration in Physical Activity Leadership**

1. **Required Major Courses** (6 courses)  
KINE 4120, 4210, 4220, 4230, 4240, 4250
2. **Major Electives** (2 courses based upon emphasis within concentration)  
Electives may be chosen from the following courses:  
KINE 2100, 3100, 3118, 3120, 3130, 3300, 3310, 3320, 3330, 3338, 3340, 4110, 4130, 4140, 4150, 4160, 4170, 4800, 4850, 4870, 4890
3. **Required Cognate Courses** (4 courses)  
BIOL 2210, 2220, 2240 and CHEM 1000

#### **Requirements for the Minor in Kinesiology**

A minor is not required for the degree but is available to other majors. The minimum requirement for the minor in Kinesiology is 12 units. 9 units must be upper division. Only courses applicable to the major will be accepted for the minor. The minor curriculum plan is based upon the student's educational and professional goals. Students must meet with the department chair to develop the minor curriculum plan prior to beginning coursework.