

CALIFORNIA STATE UNIVERSITY, BAKERSFIELD
ACADEMIC SENATE

Academic Transformation in Kinesiology

RES 141510

CCC and BPC

RESOLVED: that the Academic Senate recommend the transformation in Kinesiology involving the following changes:

- a change in the name of the Department from the Department of Physical Education and Kinesiology (PEAK) to the Department of Kinesiology (KINE);
- a change in the name of the degree program from a Bachelor of Science in Physical Education and Kinesiology to a Bachelor of Science in Kinesiology;
- the transformation of the Concentration in Exercise Science to the Concentration in Applied Exercise Science;
- a new concentration in Physical Activity Leadership;
- a new concentration in Allied Health;
- the discontinuance of the Concentration in Exercise Science;
- the discontinuance of the Concentration in Physical Education Teacher Preparation; and be it further

RESOLVED: that all above changes be implemented for fall semester 2016.

RATIONALE: The Department has accepted the Q2S opportunity to transform their mission and the degree programs and concentrations offered to CSUB students. The argument for the changes is logically constructed and supported by a variety of convincing evidence in regard to: the growth of the degree program; assessment of the use of concentrations, service industry needs, and preparation for certification opportunities (see attached). The above changes have been approved by the SSE Curriculum Committee and by The AS Budget and Planning Committee.

PEAK Rationale:

“The PEAK Department has transformed the curriculum and will be seeking a department name change to the Department of Kinesiology as well as a degree change to a B.S. in Kinesiology (formerly B.S. in Physical Education and Kinesiology). The Department has transformed the curriculum into 3 concentrations:

1. Applied Exercise Science (formerly Exercise Science)
2. Physical Activity Leadership (formerly Physical Education)
3. Allied Health (new concentration)

According to the American Kinesiology Association (AKA), the number of undergraduate kinesiology majors grew 50% from 2003 to 2008, making it one of the fastest growing majors nationwide. At CSUB, the PEAK Department has grown from 161 majors in 2005-06, to 238 in 2009-10, to 352 declared PEAK majors in 2013-14. The program has shown a significant, steady increase over the past few years. The growth is occurring because most students are moving away from the traditional careers in this field such as teaching and coaching and more are pursuing other quickly-growing allied health or medical professions like physical therapy, occupational therapy or physician assistant. By 2018, the number of physical therapists in the United States is projected to grow by 30.3 percent and students with kinesiology degrees are entering these career fields.

Based on these factors and the increase in our own undergraduate major population, the department has transformed its curriculum to better meet the student learning needs and adequately prepare them for their chosen careers. Approximately 85% of the current undergraduate major population is in the Exercise Science concentration. The degree transformation has therefore included a transformation of the current Exercise Science curriculum by updating the current curriculum and creating a brand new concentration in Allied Health.

The new Applied Exercise Science curriculum includes preparation for industry standard certifications from the American College of Sports Medicine (ACSM) such as the Health Fitness Specialist (HFS) and Clinical Exercise Specialist (CES) and from the National Strength and Conditioning Association (NSCA) the Certified Strength and Conditioning Specialist (CSCS). These certifications will better prepare students for emerging careers such as functional capacity evaluation and clinical exercise physiology. In addition the transformation includes new upper division and elective courses such as Clinical Exercise Physiology and Worksite Health Promotion. Currently the department offers limited elective options for students and does not reflect current curricular trends related to the design and development of health-related fitness programs.

The department developed a new concentration for students wanting to enter an allied health profession (e.g. physical therapy, occupation therapy). With the increasing number of undergraduates pursuing this option, the current quarter curriculum does not include the prerequisite coursework necessary for immediate entry into these professional and graduate programs. Currently, many undergraduates must spend an additional year of coursework to

complete the prerequisite requirements. The new Allied Health curriculum will allow students complete the degree as well as all of the pre-requisite requirements in 4 years.

Due to a significant decline in students interested in pursuing physical education teacher preparation, the department has developed a new concentration in Physical Activity Leadership to replace the Physical Education (Teacher Preparation) concentration. This concentration takes a more broad based approach that capture those students interested in pursuing a teaching career and also other careers that focus on delivering physical activity programs such as corporate fitness, personal training and community recreation/fitness programming.

The department has included several high impact practices such as a required internship for all majors, several collaborative assignments, service learning experiences that engage with the community, and inclusion of writing intensive assignments. Curricular changes also include preparation for professional certifications required by fitness and rehabilitation clinics for employment.”

Approved by the Academic Senate on October 30, 2014
Sent to the President for approval on November 5, 2014
Approved by the President on December 15, 2014

CSU Kinesiology Program Overview

| CSU | Department name | Degree (B.S. or B.A) | Degree name | Concentration/Option | # units |
|---|------------------------------------|---|------------------------------------|--|-------------------|
| Bakersfield (Quarter) | Physical Education and Kinesiology | B.S. | Physical Education and Kinesiology | Concentrations: Exercise Science, PE | |
| Bakersfield (Semester – fall 2016) | Kinesiology | B.S. | Kinesiology | Applied Exercise Science, Physical Activity Leadership, Allied Health | TBD |
| Channel Island | None | Considering Health Science in master plan | | | |
| Chico | Kinesiology | B.S. B.A | Exercise Physiology Kinesiology | Pre-PT Option: PE, Adapted, Coaching Admin, Fitness/Wellness, Outdoor Education | 71-72 69-75 |
| Dominquez Hills | Kinesiology | B.A. | Physical Education | Option: Fitness Director, Pre-PT, Teaching | 52-69 |
| East Bay | Kinesiology | B.S. | Kinesiology | Option: Ex Nutrition Wellness, Therapeutic Studies, PE, Special Studies, Physical Activity Studies, Social Justice | 90-128 (quarters) |
| Fresno | Kinesiology | B.S. B.S. | Kinesiology Athletic Training | Option: Exercise Science, General, Blended PE | 45-59 (Semesters) |
| Fullerton | Kinesiology | B.S. | Kinesiology | Clinical Exercise Science, Fitness and Health Promotion, Gerokinesiology, Sports Studies, Teacher Education or Special Studies | |

CSU Kinesiology Program Overview

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|-----------------------|-------------------------------------|----------------------|--|--|-------------------|
| Humbolt | Kinesiology | B.S. | Kinesiology | Option: Ex Sci and Health Promotion, PE, Pre-PT | 69-74 |
| Long Beach | Kinesiology | B.A. B.S. B.S. | Kines and PE Kinesiology Athletic Training | Option: APE, Elementary PETE (k-12) A- PETE Option: Exercise Science/Fitness/Sport for Leadership | |
| Los Angeles | Kinesiology and Nutritional Science | B.S. | Kinesiology | Option: APE, Community Leadership, Ex and Human Perf, Rehabilitation and Therapeutic Exercise, Single Subject Teaching | |
| Maritime | None | | | | |
| Monterey Bay | Kinesiology | B.S. | Kinesiology | Concentrations: Exercise Science, Sport, Wellness | 50-60 |
| Northridge | Kinesiology | B.S. B.S. | Kinesiology Athletic Training | Options: PE, Ex Sci, Dance, General Studies, Applied Fitness/Active Lifestyle | |
| Pomona | Kinesiology & Health Promotion | | | Options: Pedagogy, Exercise Science, Health Promotion | 112 112 112 |
| Sacramento | Kinesiology and Health Science | B.S. | Kinesiology | Concentration: PE Blended, PE, Exercise Science, Therapeutic Ex and Rehab | 66-75 74-78 |
| San Bernardino | Kinesiology | B.S. | Kinesiology | Exercise Science, Pedagogy, Allied Health Profession | 79-92 |
| San Diego | Kinesiology | B.S. | Kinesiology | Emphasis: AT, | 87, 83, 86 |

CSU Kinesiology Program Overview

| | | | | | |
|----------------------|-------------|--------------|----------------------------------|---|---|
| | | | | Kinesiology (Fitness Specialist, Pre-PT), Foods and Nutrition | |
| San Francisco | Kinesiology | B.S. | Kinesiology | Concentration: Exercise and Movement Science, Physical Education Emphasis (3): Exercise Science, Movement Science, Social Science | 65-72 |
| San Jose | Kinesiology | B.S. B.S. | Athletic Training Kinesiology | Emphasis: Adapted PA, AT, Exercise and Fitness Specialist, Individual Study, Movement Science, Pre-Professional, Societal Studies, Sport Management, PE, Teaching APE | |
| Cal Poly SLO | Kinesiology | B.S. | Kinesiology | Concentrations: Exercise Science, Health Promotion | 180 total |
| San Marcos | Kinesiology | B.S. | Kinesiology | Option: Applied Ex Sci, Pre-PT, PE | 73-87 |
| Sonoma | Kinesiology | B.S. | Kinesiology | Concentrations: Exercise Science (Pre-PT), Interdisciplinary, Lifetime Fitness, PE, APE | |
| Stanislaus | Kinesiology | B.S. | Kinesiology | Health and Wellness Promotion concentration, Subject Matter Prep. General option (BA in Kinesiology) | 58-59 units 56 units 38 units |

CSU Kinesiology Program Overview

Department of Physical Education and Kinesiology

Q2S program proposal

Submitted to the Curriculum Conversion Committee, October 6th, 2014

Please accept this memo as a formal request for review of the PEAK Department's Quarter-to-Semester curriculum for intended implementation fall, 2016. The faculty in the department approved the proposed changes to the curriculum on Tuesday, June 10th. The SSE curriculum committee approved the proposed changes to the curriculum on Thursday, August 14th. The Dean approved the curriculum changes on Tuesday, August 26th. The department chair consulted with the Art, Biology, Chemistry, Math, Nursing, Physics, and Psychology Departments regarding the requirement and/or designation of courses as electives within those majors that are included in our degree program.

Rationale for Degree Title Change and Department Name Change:

The PEAK Department is requesting a degree change to a B.S. in Kinesiology (formerly B.S. in Physical Education and Kinesiology) and a department name change to the Department of Kinesiology (formerly Department of Physical Education and Kinesiology). Kinesiology is defined as the study of human movement and encompasses the mission of the department and our programs.

The department is requesting a degree title change to more accurately represent the degree and align closer with CSU and nation-wide trends in similar departments. A review of the CSU Kinesiology Departments indicates that 18 out of 19 have a degree title of kinesiology and only one (Dominquez Hills) has a degree in physical education. Because of the decline in majors in the physical education concentration and transformation of the curriculum, the department unanimously agreed to the department name change. A review of the CSU Kinesiology Departments found that 16 campuses are Department of Kinesiology and 3 are Departments of Kinesiology and Health or Nutritional Sciences.

Program Identification:

The PEAK Department has transformed the curriculum into 3 concentrations:

1. Applied Exercise Science (formerly Exercise Science)
2. Physical Activity Leadership (new concentration - replacing Physical Education teacher preparation option)
3. Allied Health (new concentration)

Summary of Quarter to Semester – Program unit overview

| | Quarter Units | | | Semester Units | | |
|--------------------|--------------------|------------------|--|------------------------------|--------------------------|---------------|
| | Physical Education | Exercise Science | | Physical Activity Leadership | Applied Exercise Science | Allied Health |
| Core | 37 | 37 | | 30 | 30 | 30 |
| Major | 33 | 27 | | 18 | 20 | 9 |
| Elective | 6 | 15 | | 6 | 6 | 18 |
| Cognates | 18 | 18 | | 11 | 11 | 14 |
| Total Units | 94 | 97 | | 66 | 67 | 72 |

Program Overview and Rationale:

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Based on these factors and the increase in our own undergraduate major population, the department has transformed its curriculum to better meet the student learning needs and adequately prepare them for their chosen careers. Approximately 85% of the current undergraduate major population is in the Exercise Science concentration. The degree transformation has therefore included a transformation of the current Exercise Science curriculum by updating the current curriculum and creating a brand new concentration in Allied Health.

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Promotion. Currently the department offers limited elective options for students and does not reflect current curricular trends related to the design and development of health-related fitness programs.

The department developed a new concentration for students wanting to enter an allied health profession (e.g. physical therapy, occupation therapy). With the increasing number of undergraduates pursuing this option, the current quarter curriculum does not include the prerequisite coursework necessary for immediate entry into these professional and graduate programs. Currently, many undergraduates must spend an additional year of coursework to complete the prerequisite requirements. The new Allied Health curriculum will allow students complete the degree as well as all of the pre-requisite requirements in 4 years.

Due to a significant decline in students interested in pursuing physical education teacher preparation, the department has developed a new concentration in Physical Activity Leadership to replace the Physical Education (Teacher Preparation) concentration. This concentration takes a more broad based approach that capture those students interested in pursuing a teaching career and also other careers that focus on delivering physical activity programs such as corporate fitness, personal training and community recreation/fitness programming.

Redeveloping the undergraduate degree and specified concentrations will allow the department to take the lead in producing quality graduates with the knowledge and skills necessary to combat a variety of health related issues (e.g., obesity, inactivity, and diabetes) facing Kern County therefore enhancing the overall quality of life in the region.

Catalog Copy (2016-18)

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Faculty: J. Moffit, C. Johnson, New faculty, B. Street, E. Wang

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 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 Assistant. 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. Up to 5 units of 100-level 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.

Requirement for Bachelor of Science Degree in Kinesiology: Concentration in Allied Health

| | |
|---|--------------------|
| Total Units Required to Graduate | 120 units |
| Major Requirements | 72 units |
| Core Courses | 30 |
| Major Courses | 10 |
| Major Electives | 18 |
| Cognates | 14 |
| Minor Requirements | 0 units |
| Other University Requirements | 41-48 units |
| First Year Seminar | 2 |
| Foundational Skills | 12 |
| LD Area B | 0-6* |
| LD Area C | 6 |
| LD Area D | 6 |
| AI-Hist/Gov | 6 |
| JYRD | 3 |
| UD Thematic Courses B&C | 6 |
| Capstone | 0-1** |
| Additional Units | 0-7 |

* A modification to the standard GE program has been approved that allows the possibility of some GE requirements through the major (Cognates, KINE 3030 and KINE 3040)

** Capstone is satisfied as part of KINE 4868

Required Core Courses (All Concentrations): KINE 1018, KINE 1500-1597 (4 courses), 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: MATH 1040, MATH 1050, PHYS 2110, PHYS 2120, CHEM 2220, CHEM 2230, CHEM 2240, BIO 2100, BIO 2230, PSYC 2250, PSYC 3250, ART 2300, ART 3300, ART 3310, NURS 1010
 - 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** (4 courses): BIOL 2210, 2220, 2240 and CHEM 1000

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

| | |
|---|--------------------|
| Total Units Required to Graduate | 120 units |
| Major Requirements | 67 units |
| Core Courses | 30 |
| Major Courses | 20 |
| Major Electives | 6 |
| Cognates | 11 |
| Minor Requirements | 0 units |
| Other University Requirements | 41-48 units |
| First Year Seminar | 2 |
| Foundational Skills | 12 |
| LD Area B | 0-6* |
| LD Area C | 6 |
| LD Area D | 6 |
| AI-Hist/Gov | 6 |
| JYRD | 3 |
| UD Thematic Courses B&C | 6 |
| Capstone | 0-1** |
| Additional Units | 5-12 |

* A modification to the standard GE program has been approved that allows the possibility of some GE requirements through the major (Cognates, KINE 3030 and KINE 3040)

** Capstone is satisfied as part of KINE 4868

Required Core Courses (All Concentrations): KINE 1018, KINE 1500-1597 (4 courses), 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, 3308, 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

| | |
|---|--------------------|
| Total Units Required to Graduate | 120 units |
| Major Requirements | 65 units |
| Core Courses | 30 |
| Major Courses | 18 |
| Major Electives | 6 |
| Cognates | 11 |
| Minor Requirements | 0 units |
| Other University Requirements | 41-48 units |
| First Year Seminar | 2 |
| Foundational Skills | 12 |
| LD Area B | 0-6* |
| LD Area C | 6 |
| LD Area D | 6 |
| AI-Hist/Gov | 6 |
| JYRD | 3 |
| UD Thematic Courses B&C | 6 |
| Capstone | 0-1** |
| Additional Units | 7-14 |

* A modification to the standard GE program has been approved that allows the possibility of some GE requirements through the major (Cognates, KINE 3030 and KINE 3040)

** Capstone is satisfied as part of KINE 4868

Required Core Courses (All Concentrations): KINE 1018, KINE 1500-1597 (4 courses), 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 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, 3308, 3310, 3320, 3330, 3338, 3340, 4110, 4130, 4140, 4150, 4160, 4170, 4338, 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. 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 an appointed department advisor to develop the minor curriculum plan prior to beginning coursework.

Curriculum:

The department anticipates that the changes in curriculum will have a positive impact on student learning. Developing the new concentration in Allied Health that includes the prerequisite requirements for students to enter into graduate program and professional degree programs will improve graduation rate. In addition, the program has aligned the curriculum with the California Community College Kinesiology Transfer Model Curriculum to ensure timely graduation rates for transfers. The restructuring of the major with new lower division and upper division courses, and increasing the elective options within the majors increases the breadth and depth of needed content knowledge. In addition, the department has included several high impact practices such as a required internship for all majors, several collaborative assignments, service learning experiences that engage with the community, and inclusion of writing intensive assignments. Curricular changes also include preparation for professional certifications required by fitness and rehabilitation clinics for employment.

Curriculum/Assessment Map (revised goals and SLO's for fall 2016 implementation)

Department Goals and Student Learning Outcomes

1. Scientific Foundations of Kinesiology

- a. Demonstrate knowledge of the biological and physical processes that inform our understanding of physical activity, nutrition and health.

2. Cultural, Historical, Philosophical Foundations in Kinesiology

- a. Describe sociocultural and historical factors that influence individual and community physical activity and nutritional health outcomes among a diverse population.

3. Practice and Application of Kinesiology

- a. Demonstrate the ability to participate in, plan, lead, and implement physical activity and nutrition programs for the development of healthy behaviors and improved quality of life.

4. Analysis and Critical Thinking in Kinesiology

- a. Understand and utilize qualitative and quantitative processes for human performance and health assessment.

5. Professional Development

- a. Demonstrate a commitment to the development of professional dispositions such as ethical behavior and collaboration as well as engagement in community and professional organizations.

I = Introduced

D=Developed

C=Competent

M=Mastery demonstrated

| Course # | Course name | SLO 1 | SLO 2 | SLO 3 | SLO 4 | SLO 5 |
|-----------|---|-------|-------|-------|-------|-------|
| 1018 | Lifetime Fitness | I | | I | I | |
| 1020 | CPR, 1 st Aid and AED | | | I | | |
| 1500-1597 | Movement Activity | | | I | | |
| 2000 | Introduction to Kinesiology | | I | | | I |
| 2100 | Sports Medicine I | I | | I | I | I |
| 3000 | Motor Growth and Development Across the Lifespan | C | | | | |
| 3010 | Measurement and Evaluation in Kinesiology | | | | C | |
| 3020 | Psychology of Sport and Physical Activity | I | I | | | |
| 3030 | Applied Kinesiology | I | | | I | |
| 3040 | Exercise Physiology | I | | I | I | |
| 3100 | Sports Medicine II | D | | D | | D |
| 3110 | Epidemiology and Wellness | D | D | | C | |
| 3120 | Advanced Nutrient Utilization for Sport and Human Performance | D | | | D | |
| 3130 | Leadership and Teaching of Group Fitness | D | | C | | |
| 3330 | Sociology of Sport and Physical Activity | | C | | | |
| 3310 | Legal and Ethical Issues in Physical Activity Settings | | D | | | |
| 3320 | Motor Learning | D | | | C | |
| 3330 | Psychology of Coaching | I | | | | I |
| 3338 | Women, Sport and Physical Activity | | D | | | |
| 3340 | Child and Adolescent Physical Activity and Health | | | D | | |
| 4110 | Exercise Prescription for Health and Performance | C | | C | M | D |
| 4120 | Strength and Conditioning | C | | C | M | D |
| 4130 | Biomechanics of Exercise and Sport | I | | I | I | |
| 4140 | Advanced Exercise Physiology | D | | C | C | |
| 4150 | Clinic Exercise Physiology | C | | | C | D |
| 4160 | Exercise and Aging | D | D | | C | D |
| 4170 | Worksite Health Promotion | | | C | C | C |
| 4210 | Administration and Management of Physical Activity | | | C | | |

| | | | | | | |
|------|--|--|----------|----------|----------|----------|
| 4220 | Behavioral Aspects of Physical Activity | | | D | | |
| 4230 | Physical Activity for Special Populations | | | C | | D |
| 4240 | Techniques of Teaching Lifelong Physical Activity | | | C | | |
| 4250 | Physical Activity for Diverse Lifespan Populations | | C | | C | |
| 4860 | Internship/Capstone | | | M | | M |

Courses required for the major:

CSU, Bakersfield

Department of Kinesiology

| | |
|-------------------------|---|
| B.S. Kinesiology | Concentration: Applied Exercise Science (67 units) |
|-------------------------|---|

General Notes:

- It is highly recommended that you meet with your faculty advisor at least one time per year
- All non-articulated courses MUST be approved by the Department Chair
- All courses used for the major must be completed with a grade of “C” or higher
- 3 units in the required core and 6 units in the cognates will satisfy General Education areas _____

Required Core (12 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|----------------|---|-------|-------|----------|-----------------|------------------|
| KINE 1018 | Lifetime Fitness* | 2+1 | | | | |
| KINE 1020 | CPR, 1 st Aid and AED | 1 | | | | |
| KINE 1100-1597 | Movement Activity | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 2000 | Introduction to Kinesiology | 3 | | | | |
| KINE 3000 | Motor Growth and Development Across the Lifespan* | 2+1 | | | | |
| KINE 3010 | Measurement and Evaluation in Kinesiology* | 2+1 | | | | |
| KINE 3020 | Psychology of Sport and Physical Activity | 3 | | | | |
| KINE 3030 | Applied Kinesiology* | 3+1 | | | | |
| KINE 3040 | Exercise Physiology* | 3+1 | | | | |
| KINE 4860 | Internship/Capstone | 3 | | | | |

Major Courses (6 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|--|-------|-------|----------|-----------------|------------------|
| KINE 2100 | Sports Medicine I: Care and Prevention of Athletic Injuries* | 2+1 | | | | |
| KINE 4110 | Exercise Prescription for Health and Performance* | 2+1 | | | | |
| KINE 4120 | Principles of Strength and Conditioning* | 2+1 | | | | |
| KINE 4130 | Biomechanics of Exercise and Sport* | 3+1 | | | | |
| KINE 4140 | Advanced Exercise Physiology* | 3+1 | | | | |
| KINE 4150 | Clinical Exercise Physiology* | 2+1 | | | | |

Elective Courses (select 2 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---|-------|-------|----------|-----------------|------------------|
| KINE 3100 | Sports Medicine II: Therapeutic Modalities and Rehabilitation Techniques* | 2+1 | | | | |
| KINE 3118 | Epidemiology and Wellness | 3 | | | | |
| KINE 3120 | Nutrition for Sport and Human Performance | 3 | | | | |
| KINE 3130 | Leadership and Teaching of Group Fitness* | 2+1 | | | | |
| KINE 3308 | Sociology of Sport and Physical Activity | 3 | | | | |
| KINE 3310 | Legal and Ethical Issues in Physical Activity Settings | 3 | | | | |
| KINE 3320 | Motor Learning* | 2+1 | | | | |
| KINE 3330 | Psychology of Coaching | 3 | | | | |
| KINE 4160 | Exercise and Aging | 3 | | | | |
| KINE 4170 | Worksite Health Promotion | 3 | | | | |
| KINE 4210 | Administration and Management of Physical Activity | 3 | | | | |
| KINE 4220 | Behavioral Aspects of Physical Activity | 3 | | | | |
| KINE 4230 | Physical Activity for Special Populations | 3 | | | | |

| | | | | | | |
|-----------|---|-----|--|--|--|--|
| KINE 4240 | Techniques of Teaching Lifelong Physical Activity* | 2+1 | | | | |
| KINE 4250 | Physical Activity for Diverse Lifespan Populations* | 2+1 | | | | |

* Indicates course includes a 1-unit built in lab/activity

Cognate Courses (4 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---------------------------|-------|-------|----------|-----------------|------------------|
| BIO 2210 | Human Anatomy+ | 3 | | | | |
| BIO 2220 | Human Physiology and Lab | 3 | | | | |
| BIO 2240 | Nutrition | 2 | | | | |
| CHEM 1000 | Foundations of Chemistry+ | 3 | | | | |

+ Indicates courses will count in General Education Area B1-B3

CSU, Bakersfield

Department of Kinesiology

| | |
|-------------------------|---|
| B.S. Kinesiology | Concentration: Physical Activity Leadership (65 units) |
|-------------------------|---|

General Notes:

- It is highly recommended that you meet with your faculty advisor at least one time per year
- All non-articulated courses MUST be approved by the Department Chair
- All courses used for the major must be completed with a grade of "C" or higher
- 3 units in the required core and 6 units in the cognates will satisfy General Education areas _____

Required Core (12 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|----------------|----------------------------------|-------|-------|----------|-----------------|------------------|
| KINE 1018 | Lifetime Fitness* | 2+1 | | | | |
| KINE 1020 | CPR, 1 st Aid and AED | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 2000 | Introduction to Kinesiology | 3 | | | | |
| KINE 3000 | Motor Growth and | 2+1 | | | | |

| | | | | | | |
|-----------|--|-----|--|--|--|--|
| | Development Across the Lifespan* | | | | | |
| KINE 3010 | Measurement and Evaluation in Kinesiology* | 2+1 | | | | |
| KINE 3020 | Psychology of Sport and Physical Activity | 3 | | | | |
| KINE 3030 | Applied Kinesiology* | 3+1 | | | | |
| KINE 3040 | Exercise Physiology* | 3+1 | | | | |
| KINE 4860 | Internship/Capstone | 3 | | | | |

Major Courses (6 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---|-------|-------|----------|-----------------|------------------|
| KINE 4120 | Principles of Strength and Conditioning* | 2+1 | | | | |
| KINE 4210 | Administration and Management of Physical Activity | 3 | | | | |
| KINE 4220 | Behavioral Aspects of Physical Activity | 3 | | | | |
| KINE 4230 | Physical Activity for Special Populations | 2+1 | | | | |
| KINE 4240 | Techniques of Teaching Lifelong Physical Activity* | 2+1 | | | | |
| KINE 4250 | Physical Activity for Diverse Lifespan Populations* | 2+1 | | | | |

Elective Courses (select 2 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---|-------|-------|----------|-----------------|------------------|
| KINE 2100 | Sports Medicine I: Care and Prevention of Athletic Injuries* | 2+1 | | | | |
| KINE 3100 | Sports Medicine II: Therapeutic Modalities and Rehabilitation Techniques* | 2+1 | | | | |
| KINE 3118 | Epidemiology and Wellness | 3 | | | | |
| KINE 3120 | Nutrition for Sport and Human Performance | 3 | | | | |
| KINE 3130 | Leadership and Teaching of Group Fitness* | 2+1 | | | | |
| KINE 3308 | Sociology of Sport and Physical Activity | 3 | | | | |
| KINE 3310 | Legal and Ethical Issues in Physical Activity | 3 | | | | |

| | | | | | | |
|-----------|---|-----|--|--|--|--|
| | Settings | | | | | |
| KINE 3320 | Motor Learning* | 2+1 | | | | |
| KINE 3330 | Psychology of Coaching | 3 | | | | |
| KINE 3338 | Women, Sport and Physical Activity | 3 | | | | |
| KINE 3340 | Elementary School Physical Education and Health* | 2+1 | | | | |
| KINE 4110 | Exercise Prescription for Health and Performance* | 2+1 | | | | |
| KINE 4130 | Biomechanics of Exercise and Sport* | 3+1 | | | | |
| KINE 4140 | Advanced Exercise Physiology* | 3+1 | | | | |
| KINE 4150 | Clinical Exercise Physiology* | 2+1 | | | | |
| KINE 4160 | Exercise and Aging | 3 | | | | |
| KINE 4170 | Worksite Health Promotion | 3 | | | | |

* Indicates course includes a 1-unit built in lab/activity

Cognate Courses (4 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---------------------------|-------|-------|----------|-----------------|------------------|
| BIO 2210 | Human Anatomy+ | 3 | | | | |
| BIO 2220 | Human Physiology | 3 | | | | |
| BIO 2240 | Nutrition | 2 | | | | |
| CHEM 1000 | Foundations of Chemistry+ | 3 | | | | |

+ Indicates courses will count in General Education Area B1-B3

CSU, Bakersfield

Department of Kinesiology

B.S. Kinesiology

Concentration: Allied Health (72 units)

General Notes:

- It is highly recommended that you meet with your faculty advisor at least one time per year
- All non-articulated courses MUST be approved by the Department Chair
- All courses used for the major must be completed with a grade of "C" or higher
- 3 units in the required core and 6 units in the cognates will satisfy General Education areas _____

Required Core (12 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|----------------|---|-------|-------|----------|-----------------|------------------|
| KINE 1018 | Lifetime Fitness* | 2+1 | | | | |
| KINE 1020 | CPR, 1 st Aid and AED | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 1500-1597 | Movement Activity | 1 | | | | |
| KINE 2000 | Introduction to Kinesiology | 3 | | | | |
| KINE 3000 | Motor Growth and Development Across the Lifespan* | 2+1 | | | | |
| KINE 3010 | Measurement and Evaluation in Kinesiology* | 2+1 | | | | |
| KINE 3020 | Psychology of Sport and Physical Activity | 3 | | | | |
| KINE 3030 | Applied Kinesiology* | 3+1 | | | | |
| KINE 3040 | Exercise Physiology* | 3+1 | | | | |
| KINE 4860 | Internship/Capstone | 3 | | | | |

Major Courses (3 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---|-------|-------|----------|-----------------|------------------|
| KINE 2100 | Sports Medicine I: Care and Prevention of Athletic Injuries* | 2+1 | | | | |
| KINE 3100 | Sports Medicine II: Therapeutic Modalities and Rehabilitation Techniques* | 2+1 | | | | |
| KINE 4130 | Biomechanics of Exercise and Sport* | 3+1 | | | | |

* Indicates course includes a 1-unit built in lab/activity

Cognate Courses (5 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---------------------------|-------|-------|----------|-----------------|------------------|
| BIO 2210 | Human Anatomy+ | 3 | | | | |
| BIO 2220 | Human Physiology | 3 | | | | |
| BIO 2240 | Nutrition | 2 | | | | |
| CHEM 1000 | Foundations of Chemistry+ | 3 | | | | |
| PSYC 3270 | Abnormal Psychology | 3 | | | | |

+ Indicates courses will count in General Education Area B1-B3

Elective Courses (select 6 courses):

| Course # | Course name | Units | Grade | Semester | Transfer course | Institution/Year |
|-----------|---|-------|-------|----------|-----------------|------------------|
| MATH 1040 | Pre-Calculus | 6 | | | | |
| MATH 1050 | Pre-Calculus I | 4 | | | | |
| PHYS 2110 | Basic Principles of Newtonian Physics | 4 | | | | |
| PHYS 2120 | Basic Principles of Maxwell Ian Physics | 4 | | | | |
| CHEM 2200 | Foundations of Inorganic | 2 | | | | |
| CHEM 2300 | Foundations of Organic | 2 | | | | |
| CHEM 2400 | Foundations of Biochemistry | 2 | | | | |
| BIO 2010 | Introduction to Biology Cells | 3 | | | | |
| BIO 2230 | Microbiology | 3 | | | | |
| PSYC 2250 | Lifespan Development | 3 | | | | |
| PSYC 3250 | Child Psychology | 3 | | | | |
| ART 2300 | 3D Foundation | 3 | | | | |
| ART 3300 | Sculpture | 3 | | | | |
| ART 3310 | Ceramics | 3 | | | | |
| NURS 1010 | Medical Terminology | 3 | | | | |

Catalog Copy Course Descriptions**COURSE DESCRIPTIONS***Lower Division***KINE 1500-1597 Movement Activity Courses (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. Up to 5 units may count toward the 120 graduation total.

KINE 1018: Lifetime Fitness (2)

Introduction to core concepts in physical fitness and wellness. Course provides an overview of health related physical fitness, body composition, nutrition, stress and a variety of other factors that influence quality of life. Course is designed to teach students importance of and strategies for maintaining a healthy lifestyle. Concurrent enrollment in a 1-unit physical activity course (KINE 1500-1597). Satisfies the GE SELF requirement.

KINE 1020: CPR, 1st Aid and AED (1)

This course involves the theory and detailed demonstration of the CPR and first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements.

KINE 2000 Introduction to Kinesiology (3)

An introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health and fitness professions. Lecture/discussion. Prerequisite: GE A2. This course is a prerequisite to all core KINE courses 3000-level and above (can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework. Prerequisite: declared KINE major and sophomore standing.

ATHL 1403-1573 Intercollegiate Sports (1)

Regular instruction in intercollegiate activities. May be repeated for credit according to season. Field trips required. Subjects are: Baseball, Men's and Women's Basketball, Women's Cross Country, Men's and Women's Golf, Men's and Women's Soccer, Softball, Men's and Women's Swimming, Women's Sand Volleyball, Men's and Women's Track and Field, Women's Volleyball, Women's Water Polo, and Wrestling. Prerequisite: CSUB intercollegiate athlete status or permission of the instructor. Offered on a credit, no-credit basis only. Up to 5 units may count toward the 120 graduation total.

KINE 2100 Sports Medicine I - Care and Prevention of Athletic Injuries (3)

An introductory course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide basic knowledge and skill in the care and prevention of athletic and physical activity related injuries. Emphasis is placed on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training to include legal and ethical responsibilities. Lab fee required. Two units of lecture/discussion; one unit of lab. Prerequisite: BIO 2210

Upper Division

KINE 3000 Motor Growth and Development Across the Lifespan (3)

This course examines the study of the relationship between physical growth, motor development, motor behavior and motor performance of individuals from infancy through old age, with emphasis on age, gender, and mental/physical limitations. Two units of lecture/discussion; one unit of lab. Prerequisites: GE B4, KINE 2000

KINE 3100 Measurement and Evaluation in Kinesiology (3)

A study of measurement and evaluation procedures used in physical education, exercise science, and other fields within kinesiology. Emphasis is placed on application of statistical procedures and various measurement instruments/techniques, as well as interpretation of measurement results. Three units of lecture/discussion; one unit of lab. Two units of lecture/discussion; one unit of lab. Prerequisite: GE B4, KINE 2000

KINE 3020 Psychology of Sport and Physical Activity (3)

This course examines the study of psychological and sociological factors as they relate to play, sport, physical activity, and fitness. The course is designed to promote an understanding of the concepts and applied principles of sport and exercise psychology and related psychosocial variables. Findings and principles from the sport and exercise psychology literature will be applied to sport and physical activity participants. Lecture/discussion. Prerequisite: KINE 2000

KINE 3030 Applied Kinesiology (4)

The study of basic qualitative and quantitative biomechanical principles and concepts and their application in the analysis of various human movements ranging from everyday activities to those that are sport-specific. Three units of lecture/discussion; one unit of lab. Prerequisites: KINE 2000, BIOL 2210, GE B4.

KINE 3040 Physiology of Exercise (4)

This course is an introductory study of human physiological responses and adaptations to acute and chronic exercise. Emphasis is placed on relevant information; such as proper exercise to promote/develop fitness, and its practical application in physical education, fitness, and athletic training settings. Lab fee required. Three units of lecture/discussion; one unit of lab. Lab fee required. Prerequisites: KINE 2000, BIOL 2220, GE B4.

KINE 3100 Sports Medicine II: Therapeutic Modalities (3)

An advanced course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide knowledge and skill in the application and clinical decision-making processes for utilizing therapeutic modalities during rehabilitation. Emphasis is placed on physiological mechanisms of tissue injury, inflammatory response, healing process and neurophysiology applied to musculoskeletal injuries and their treatment. 2 units lecture/discussion; one unit lab. Prerequisite: KINE 2100 or equivalent. Lab fee required.

KINE 3118 Epidemiology and Wellness (3)

Study of the biologic, behavioral, social and environmental distribution and determinants of health, disease, disability, morbidity and mortality in human populations. Emphasis is on current research designs used to explore the variation of disease occurrence in order to understand the causes of disease. Findings are applied to disease prevention and health promotion. Lecture/discussion.

KINE 3120 Nutrient Utilization for Human Performance and Sport (3)

Exploration of macronutrients, micronutrients, nutritional ergogenic aids, cardiovascular disease prevention and sports performance in humans. Content focuses on fluid/electrolyte balance, vitamin metabolism, antioxidant nutrients, and special nutritional needs of female athletes in the context of the female athlete triad. Students will also learn methods for assessing current nutritional status. Three units of lecture/discussion. Prerequisite: BIOL 2220

KINE 3130 Leadership and Teaching of Group Fitness (3)

The course will study principles and methods of group exercise leadership and instruction. Primary focus will be on exercise programming, teaching methods, technique evaluation and supervision. Course includes active participation in a variety of labs that focus on group exercise modalities. Two units lecture/discussion; 1 unit lab.

KINE 3308 Sociology of Sport (3)

A sociological examination depicting the rise of sport in contemporary society related to but not limited to sport in society, the scope and effect of sport on society (e.g., civic engagement, education, health), sport as an institution, sport and culture, and the future of sports will be explored. 3 units lecture/discussion.

KINE 3310 Legal and Ethical Issues in Physical Activity Settings (3)

This course provides an extensive overview of logical principles and ethical issues in sport and physical activity. The different fields of law and issues related to sport and physical activity (e.g., Federal Amendment, contract) are introduced. Additionally, the basic issues concerning ethics in sport and physical activity settings are examined. 3 units lecture/discussion.

KINE 3320 Motor Learning (3)

A study of selected factors that influence the acquisition and retention of gross and fine motor skills, with emphasis on theoretical models of motor control and learning and the role of motor and sensory systems. Two units of lecture/discussion; one unit of lab. Prerequisite: GE B4

KINE 3330 Psychology of Coaching (3)

Provides a foundation in coaching philosophy; communication and motivation principles; effective sport skills instructions; and player, team, and self-management. Through examination, students earn California Interscholastic Federation (CIF) / American Sport Education Program (ASEP) Bronze Level 1 Coaching Certification. 3 units lecture/discussion.

KINE 3338 Women, Sport and Physical Activity (3)

Course will examine differences and commonalities of cultural sub-groups of women nationally and internationally in sport and how it intersects gender with age, socio-economic status, race and ethnicity and politics. Designed to broaden the understanding of and appreciation of diverse cultures as it relates to women's participation in sport through study of the historical, psychological, economic, media representation, and biomedical components. Satisfies the GE Junior Year Diversity requirement and a Women's Studies Minor course requirement. Lecture/discussion. Prerequisite: Junior standing.

KINE 3340 Child and Adolescent Physical Activity and Health (3)

This course is designed to provide future elementary classroom teachers with an understanding of developmentally and instructionally appropriate physical education and health for children. Students develop an understanding of the curricular concepts and teaching techniques in physical education and health through reading, lecture/discussion, movement experiences, peer-teaching, and field experience. Two units of lecture/discussion, one unit of lab. Lab fee required.

KINE 4110 Exercise Prescription for Health and Performance (4)

A study of the development of appropriate individualized exercise prescriptions for health and performance. Application is made to athletic, normal, and diseased populations. Lab fee required. 3 units lecture/discussion; 1 unit lab. Prerequisite: KINE 3040

KINE 4120 Principles of Strength and Conditioning (3)

Analysis and application of scientific and practical foundations of strength and conditioning techniques and program design for diverse populations. Designed to prepare students for the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (NSCA-CSCS) test for national certification. 2 units lecture/discussion; 1 unit lab. Prerequisite: KINE 3040

KINE 4130 Biomechanics of Exercise and Sport (4)

The study of basic qualitative and quantitative biomechanical principles and concepts and their application in the analysis of various human movements ranging from everyday activities to those that are sport-specific. Lab fee required. 3 units lecture/discussion; 1 unit lab. Prerequisite: KINE 3030

KINE 4140 Advanced Physiology of Exercise (4)

An advanced study of human physiological adaptations to acute and chronic exercise in the context of research design, implementation, and presentation. Emphasis is placed on a more detailed study of topics covered in the introductory physiology of exercise course (KINE 3040) along with a study of new topics relevant to a broader understanding of exercise physiology. Laboratory experiences reinforce lecture content as well as introduce students to equipment and procedures utilized in various professional and research applications. Lab fee required. Three units of lecture/discussion; one unit of lab. Prerequisite: KINE 3040.

KINE 4150 Clinical Exercise Physiology (4)

A study of the impact of exercise on health and prevention or alleviation of chronic disease. Includes application of principles and techniques for valid, reliable, and safe testing of health fitness, performance fitness, and functional capacity (clinical testing) for various populations. Lab fee required. Three units of lecture/discussion; one unit of lab. Prerequisite: KINE 3040.

KINE 4160 Exercise and Aging (3)

An examination of normal and diseased aging and the effects of physical activity on maintaining functional independence and a quality of life in older adults. Topics explored include physiological responses to acute and chronic exercise, the benefits and risks of physical activity, and life course barriers to active living specific to older adults. 3 units lecture/discussion. Prerequisite: KINE 3040

KINE 4170 Worksite Health Promotion (3)

Course will examine models for planning, implementing and evaluating worksite health promotion programs. The course will focus on the essential elements of a worksite health promotion program that includes benefits, barriers and incentives for health promotion services and policies. 3 units lecture/discussion.

KINE 4210 Administration and Management of Physical Activity Programs (3)

This course is designed to provide students with an overview of administration and management theories and implementation of fitness, sports, and physical activity programs in the community with respect to managing operations, developing and managing financial resources, and managing human resources. Topics covered also

include club industry, recreational sports industry, youth sports in America, and campus, community, and military recreation. 3 units lecture/discussion.

KINE 4220 Behavioral Aspects of Physical Activity and Exercise (3)

Theoretical foundation of behavior change, specific strategies, tools and methods to motivate individuals to be physically active and sustain long-term lifelong physical activity. 3 units lecture/discussion.

KINE 4230 Physical Activity for Special Populations (3)

The purpose of the course is to provide an excellent resource for physical activity practitioners or students preparing to work with diverse populations in schools, fitness facilities, community recreation sites, and sport programs. This course shows how to provide optimal programming for all individuals (regardless of capability) so they can be healthy and active throughout the life-span. 2 units lecture/discussion; 1 unit lab.

KINE 4240 Techniques of Teaching Lifelong Physical Activity (3)

This course is designed to help students understand, implement, and instruct lifetime physical activities in various settings. Students develop instructional skills in teaching a variety of physical activities (e.g., individual activities, dual games, invasion games, and non-traditional activity). The emphasis of the course will be on understanding and developing pedagogical skills in physical activity and fitness through reading, lecture/discussion, movement experiences, field observation and peer-teaching. 2 units lecture/discussion; 1 unit lab. Lab fee required.

KINE 4250 Physical Activity for Diverse Lifespan Populations (3)

This course will explore physical activity opportunities through human lifespan development as well as for diverse populations. Emphasis of the course will be on an understanding of physical activity specific needs of children, adolescents, adults, women, overweight and obese individuals, old adults, and minority. 2 units lecture/discussion; 1 unit lab. Prerequisite: KINE 3010

KINE 4800 Directed Research (1-3)

Individual research under the supervision of faculty. May include research in the areas of curriculum and materials development. Although repeatable, a maximum of three units may be applied to the major or minor. Consent of instructor required.

KINE 4850 Individual Study (1-3)

Exploration of a specific topic, primarily through directed research or assignments with a professor. Prerequisites: consent of instructor and approval of both the Department Chair and Dean of the School of Social Science and Education. [By Petition]

KINE 4868 Internship and Capstone (3)

Supervised intern experience within a university program, agency, business, or industry for the purpose of acquiring additional knowledge and skills desirable for professional development in kinesiology. Specific requirements for academic credit will be developed and evaluated by a department faculty mentor and the field supervisor. Additionally, the course will help students understand how general education courses contributed to their professional development. Must have instructor approval for entry into the course.

KINE 4870 Cooperative Education (3)

The Cooperative Education program offers a sponsored learning experience in a work setting, integrated with a field analysis seminar. The field experience is contracted by the Cooperative Education Office on an individual basis, subject to approval by the department. The field experience, including the seminar and reading assignments, is supervised by the cooperative education coordinator and the faculty liaison (or course instructor), working with the field supervisor. The determination of course credits, evaluation, and grading are the responsibility of the departmental faculty. Offered on a credit, no-credit basis only. The department will determine application of credit. [By Petition]

KINE 4890 Experiential Prior Learning (1-3)

Credit for learning gained through prior off-campus experience related to the curriculum of the department. Requires documentation and department chair approval. Offered on a credit, no-credit basis only. This course is repeatable for a maximum of three units. [By Petition]

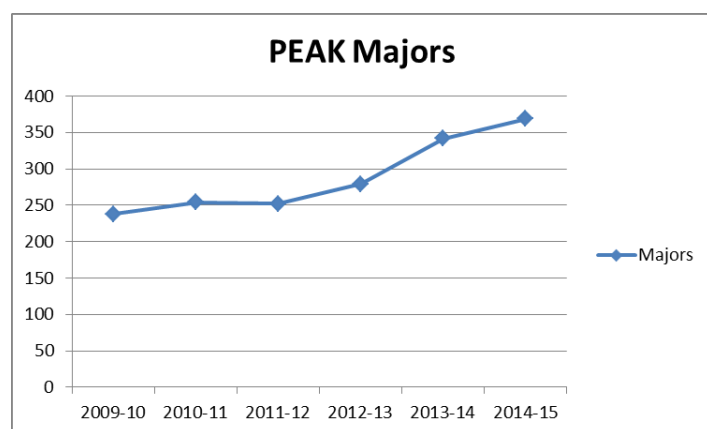
Need for the Proposed Program:

As previously mentioned, according to the American Kinesiology Association (AKA), the number of undergraduate kinesiology majors grew 50% from 2003 to 2008, making it one of the fastest growing majors nationwide. At CSUB, the PEAK Department has grown from 161 majors in 2005-06, to 238 in 2009-10, to 342 declared PEAK majors in 2013-14. The program has shown a significant, steady increase over the past few years. The growth is occurring because most students are moving away from the traditional careers in this field such as teaching and coaching and more are pursuing other quickly-growing allied health or medical professions like physical therapy, occupational therapy or physician assistant. By 2018, the number of physical therapists in the United States is projected to grow by 30.3 percent and students with kinesiology degrees are entering these career fields.

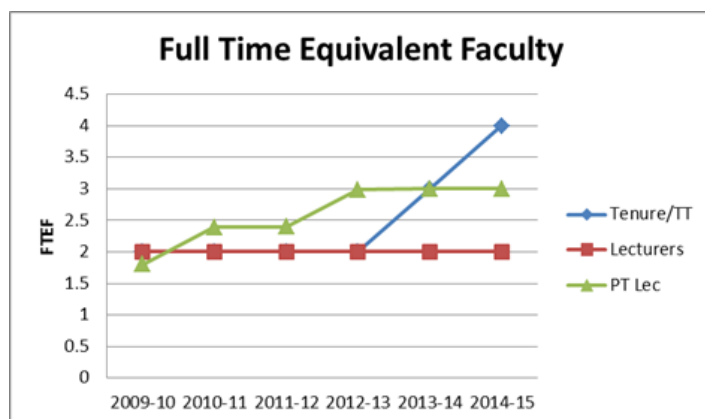
Student Demand:

The department has reviewed the annual program profile and current enrollments.

Approximately 85% of the current undergraduate major population is in the Exercise Science concentration. The number of majors has increased 19% from 2012-13 and has increased 30% in the past 5 years. The department expects the program to grow at a similar rate over the next few years. The department is currently meeting the student enrollment demand by adding additional sections.

**Existing Support Resources for the Proposed Program:**

The department currently has 2 tenured faculty, 2 tenure track faculty and 2 full-time lecturers. As part of the program review process and subsequent MOUAP, the department received 2 full-time tenure track positions (one in 13-14 and one in 14-15) to reach our current faculty total.



Based on the continued growth in the major and the current and future part-time instructor needs, the department will be requesting an additional tenure-track line prior to fall 2016. The department chair has maintained regular communication with the Dean regarding the increase in the number of majors and additional course needs. The department has been provided support to cover the increase in instructional costs.

Furthermore the department has maintained communication with other departments that are impacted by our increased enrollments (support documents attached).

Facility and Equipment Issues:

As a result of the MOU process the department has secured an additional laboratory space and equipment. The department currently has access to two laboratories, an exercise physiology lab in EDUC 125 (new) and a biomechanics/motor control lab in SCI 115. The department is currently using the old gym space and has regulated access to the SRC for activity based classes.

Additional Support Resources Required:

The department anticipates having to hire additional part-time faculty to cover the increase in instructors needed for the physical activity program. The major curriculum now includes 3 activity courses (included in the TMC and a component of most CSU kinesiology programs) and the department has an approved SELF course that includes a 1-unit activity requirement as part of the course. (*Refer to submitted workload and schedule for details)

The department will also require additional facility space to accommodate the increase in lab number of students and courses that utilize basic and clinical lab and activity space. The department is in communication with the Dean and other campus administrations regarding access to physical activity space. The university is currently working to address this issue to provide additional facility space to meet the department needs.

Tentative workload for 2016-17:

| Faculty | Fall Courses | WTU's | | Spring Courses | WTU's | | Total WTU's |
|----------------|---------------------|--------------|--|-----------------------|--------------|--|--------------------|
| Moffit | 4110 | 3.5 | | 4140 | 4.5 | | |
| | 4110 2nd lab | 1.5 | | 4140 2nd lab | 1.5 | | |
| | 4110 3rd lab | 1.5 | | 4150 | 3.5 | | |
| | 4860 | 5 | | 4150 2nd | 1.5 | | |
| | | | | 4150 3rd lab | 1.5 | | |
| | | 11.5 | | | 12.5 | | 24 |
| Street | 4130 | 4.5 | | 4130 | 4.5 | | |
| | 4130 2nd lab | 1.5 | | 4130 2nd lab | 1.5 | | |
| | 3030 | 4.5 | | 3030 | 4.5 | | |
| | 3030 2nd lab | 1.5 | | 3030 2nd lab | 1.5 | | |
| | | 12 | | | 12 | | 24 |
| Miller | 4120 | 3.3 | | 4120 | 3.3 | | |
| | 4120 2nd lab | 1.3 | | 4120 2nd lab | 1.3 | | |
| | 3040 | 4.5 | | 3040 | 4.5 | | |
| | 3040 2nd lab | 1.5 | | 3040 2nd lab | 1.5 | | |
| | 3040 3rd lab | 1.5 | | 3040 3rd lab | 1.5 | | |
| | | 12.1 | | | 12.1 | | 24.2 |
| Wang | 4210 | 3 | | 4240 | 3.3 | | |
| | 3010 | 3.5 | | 4250 | 3.3 | | |
| | 3010 2nd lab | 1.5 | | 3010 | 3.5 | | |
| | 3340 | 3.3 | | 3010 2nd lab | 1.5 | | |
| | 3340 2nd lab | 1.3 | | | | | |
| | | 12.6 | | | 11.6 | | 24.2 |
| Johnson | 3000 | 3.3 | | 3000 | 3.3 | | |
| | 3000 2nd | 1.3 | | 3000 2nd | 1.3 | | |

| | | | | | | | |
|------------------------|-------------------|-------------|--|------------------|------|--|------|
| | lab | | | lab | | | |
| | 3020 | 3 | | 3020 | 3 | | |
| | 3340 | 3.3 | | 3020 2nd section | 3 | | |
| | 3340 2nd lab | 1.3 | | 2000 | 3 | | |
| | 2000 | 3 | | 1500 | 1.5 | | |
| | | 15.2 | | | 15.1 | | 30.3 |
| | | | | | | | |
| Grappendorf | 1018 (x2) | 4 | | 1018 (x2) | 4 | | |
| | 4220 | 3 | | 4860 | 5 | | |
| | Chair | 7 | | Chair | 8 | | |
| | | 14 | | | 17 | | 31 |
| | | | | | | | |
| | | | | | | | |
| Part-time hires | 2100 | 3 | | ATC | | | |
| | 3100 | 3 | | ATC | | | |
| | 1020 (2) | 1 | | CPR | | | |
| | 3340 | 3.5 | | Liberal Studies | | | |
| | 4140 | 1.5 | | lab section | | | |
| | 1500-1597 (?) | 1.5 | | activity courses | | | |
| | | | | | | | |
| GE | 3118 | 3 | | | | | |
| | 3308 | 3 | | | | | |
| | 3338 | 3 | | | | | |
| | 1500 activity (?) | 1.5 | | | | | |
| | | | | | | | |
| Electives | 3120 (2) | 6 | | | | | |
| *every other year | *3130 | 3.3 | | | | | |
| | *3320 | 3.5 | | | | | |
| | *4160 | 3 | | | | | |
| | *4170 | 3 | | | | | |
| | *3310 | 3 | | | | | |
| | *3330 | 3 | | | | | |
| | | | | | | | |
| | | | | | | | |
| | PT Total | 48.8 | | | | | |

PROPOSAL FOR A NEW MINOR, CONCENTRATION or EMPHASIS

Proposals to add a new minor, concentration or emphasis must receive appropriate campus approval prior to implementation. In addition, the Chancellor's Office must be notified of the campus approval prior to implementation. All attachments are to be added to this cover sheet and remain with the proposal through the required steps of evaluation. Please consult with the Associate Vice President of Academic Programs for questions or assistance.

This new proposal is a (check one):

Minor - Is this minor available to all undergraduate students? Yes No, only in _____

Concentration Emphasis within the degree of B.S. in Kinesiology

Title Allied Health and Physical Activity Leadership effective (term): Fall 2016

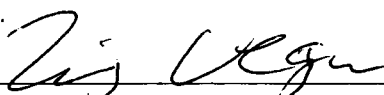
Use the following degree code _____ instead of the major degree code for reporting (note the necessary criteria and degree codes)

Originating Department or Individual: PEAK/Kris Grappendorf

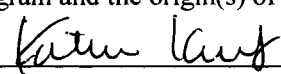
If a department formally approved the attached proposal, attach the appropriate memorandum and approval date.

Signature:  date: 9-19-14

Curriculum Committee(s): Interschool programs should attach comments or approval from relevant school or department curriculum committees before being submitted to the Academic Affairs Committee, acting as the University Curriculum Committee. A memorandum and approval date from the curriculum committee must be attached. If any revisions were required or agreed to, a revised copy of the proposal must be attached.

Chair Signature:  date: 9-19-14

School Dean(s): I have reviewed this proposal and send it forward for university-wide review with my comments attached. These comments include my analysis of the resource commitments that must be made to support the program and the origin(s) of those resources.

Dean Signature:  date: 9-22-14

AVP of Academic Programs: I have reviewed this proposal and send it forward to the Provost.

AVP Signature: _____ date: 10/23/2014

Date of Senate Approval: _____ **Date of President Approval:** _____

Please attach the final Academic Senate Resolution, as signed by the President and return to the Office of Academic Programs, which will notify the Chancellor's Office and the appropriate campus departments. A copy of this form and final electronic catalog copy must be sent to the Director of Academic Operations and Support.