

# Kinesiology - Exercise Science Option, B.S.

## DEPARTMENT

### Department of Kinesiology

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BS in Kinesiology - Exercise Science Option, B.S.  
BS in Kinesiology - Physical Education Option, B.S.  
MA in Kinesiology - Exercise Science Option, M.A.  
MA in Kinesiology - Sport Psychology Option, M.A.  
MA in Kinesiology, M.A.  
MN in Sports Coaching, Minor  
MA in Kinesiology - Sport Administration Option, M.A.  
BS in Kinesiology - Sport Administration, B.S.  
CRED in Single Subject Credential - Physical Education  
Courses Offered

The term kinesiology means "the study of movement," and the academic discipline of kinesiology comprises the subdisciplines of exercise physiology, biomechanics, sport and exercise psychology, athletic training and sports medicine, sports administration, physical education, and fitness and health promotion. The overall objective of the programs in kinesiology is to improve the lives of students by providing insight, education, and practical experience in exercise, sport, and physical activity. Programs in kinesiology open doors to relevant and rewarding professional careers.

The Department of Kinesiology is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical and professional experience. Students are engaged in educational and clinical research programs and practical experiences which incorporate leading-edge technology and best practices. The curriculum and associated instruction provide a solid foundation for future learning and professional growth. The program incorporates many opportunities for professional certification through prestigious national organizations and governing bodies. Students become experts in exercise, fitness, performance, and wellness.

The **Athletic Training Major** is designed for students with professional goals in athletic training. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students completing the program may be eligible to sit for the Board of Certification exam to become a Certified Athletic Trainer (ATC). The program has high academic and performance standards that include completion of a three-year competency-based clinical education program. California residents are given preference over out-of-state and international students in this and other impacted programs.

The **Exercise Science Option** provides a foundation in the movement sciences which fully prepares students for graduate study and professional careers in fitness, wellness, health promotion, human performance, and preventive and rehabilitative sciences. Flexible and personalized educational and career development strategies are hallmarks of this program. Exercise science faculty provide instruction and advising that is based upon theories and principles as well as practical and professional experience.

The **Physical Education Teacher Education (PETE) Option** offers National and State standards-based curricular emphasis in physical education pedagogy, movement development and analysis, teaching strategies, and application of physical activities designed for students with professional goals to teach physical education. The PETE program allows teacher candidates to complete specified unit requirements in General Education and the Physical Education Teacher Education Option. Upon completion of the PETE program, teacher candidates will have access to teaching careers in the K-12 school setting. The PETE program is an accredited program that adheres to the standards outlined by the California Commission on Teacher Credentialing (CCTC) and National Association for Sport and Physical Education (NASPE).

The undergraduate **Sport Administration Option** prepares students for entry-level careers in the sport industry and graduate studies in Sport Administration. Students learn a combination of skills related to sport and undergo a strategic career analysis, evaluate their marketability within the sport industry, learn how to differentiate themselves from the competition, network with leading sport personnel and organizations, and develop a career plan and resume -- all while gaining essential hands-on sport industry experience.

Obtaining a **Master of Arts** is a very effective strategy for career advancement. At the master's level, the Department of Kinesiology offers options in Exercise Science, Sports Administration, and Sport Psychology, and curricular emphases in physical education. There are 13 graduate faculty members in the department. The exercise science and sport psychology labs are fully equipped with research-standard technology. Graduates of this program have achieved remarkable success in professional careers as well as in doctoral programs in prestigious universities.

A degree in kinesiology can lead to very bright career prospects in health care, sports and athletics, education, and other professional vocations.

### Activity Classes

The activity program is dynamic, diverse, rewarding, and fun. The focus is on quality experiences in fitness, skill, and personal development. Activity courses are offered in aquatics, dance, individual activities, and team sports. These courses are open to all students, and as many as 8 units of activity classes can be counted toward graduation (12 units for kinesiology majors).

### Facilities

The facilities include a gymnasium; 12 tennis courts; a mat/gymnastics facility; a weight/cardio room; two multipurpose/dance rooms; an all-weather track; multi-purpose fields for softball, soccer, football, ultimate Frisbee, and golf; a putting green and associated sand bunkers; a swimming complex; and outdoor basketball courts. Modern, well-equipped instructional and research labs in exercise physiology, biomechanics, sports and exercise psychology, and athletic training are central components of the department.

## REQUIREMENTS

### Bachelor of Science Degree Requirements

#### Kinesiology Major

##### 1. Major requirements (47-85 units)

(Combined core and option requirements.)

Core Program (15 units)

(required of all options)

KINES 1, 32\*, 33, 116, 118

##### Exercise Science Option (37-54 units)

KINES 109 or 110, 119, 121, 137, 163, 165, 167; BIOL 67A, 67B

Select any KAC course or ATHL 100

Select 24 elective units (16 units for associate degree for transfer) from:

- Any KINES academic course, other than those required for the option;
- Any KAC activity course (no more than 3 additional KAC courses can be applied to the major; repeated KAC course cannot be counted);
- PH 48, 92, 109, 114, 128S, 141; PSYCH 10, 42, 66, 155, 169; BIOL 1A, 1B, 1BL, 10, 20, 102, 103, 144, 166; CHEM 1A and 1AL, 1B and 1BL, 3A, 3B, 3BL, 8, 128A, 129A, 128B, 129B, 150, 155A; PHYS 2A, 2B; MATH 11; NUTR 53, 54, 147, 153

##### 2. General Education requirements (49 units)

##### 3. Other requirements (6 units)

Upper-division writing and Multicultural and International (MI)

##### 4. Sufficient elective units to meet required total units (varies)

##### 5. Total units (120)\*

\* G.E. and MI courses can be double-counted with major requirements. The writing requirement may be met by taking the upper-division writing exam. See advisor for details.

### Advising Notes

1. With the assistance of the department advisor, students may choose a program that will prepare them for working with specific age groups or special populations, coaching, athletic training, teaching physical education, or professional applications in the exercise sciences and fitness-related industries.
2. Students majoring in kinesiology may count a maximum of 12 units of activity courses (ATHL, KAC, DANCE) toward the 120 units required for a bachelor's degree. Repeat credit towards the kinesiology major is not allowed in any of these activity courses.
3. CR/NC grading is not permitted in courses for the kinesiology major, except in those courses which are designated CR/NC grading only.
4. General Education and elective units may be used toward a minor (see departmental minors) or supplemental credential. Consult the appropriate department chair, program coordinator, or faculty advisor for further information.
5. Students interested in the athletic training option should consult the department regarding criteria for selection into this program.
6. A grade of C or higher in all required coursework is necessary for successful completion of the major. Any course required as a prerequisite must be completed with a grade of C or better before registration in the subsequent course.
7. Lower-division courses taken at other institutions may be accepted as being equivalent to lower-division requirements in the department. Petitions to have courses accepted should be completed during the first semester in the major.
8. The Kinesiology Exercise Science Option complies with university policy regarding the re-taking of courses. Exercise science students who fail a course (D or F) in the Kinesiology core may retake the class for a second time. If they earn a failing grade (D or F) a second time, they will not be allowed to petition to repeat the course for a third time. These students will not be able to complete the Kinesiology Exercise Science Option requirements and will be required to declare a new major.

## FACULTY

The Department of Kinesiology is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical and professional experience. Students are engaged in educational and clinical research programs and practical experiences which incorporate leading-edge technology and best practices. The curriculum and associated instruction provide a solid foundation for future learning and professional growth. The program incorporates many opportunities for professional certification through prestigious national organizations and governing bodies. Students become experts in exercise, fitness, performance, and wellness.

For faculty phone numbers and e-mail, see the campus directory.

For more on the faculty, see the faculty pages.

The faculty pages are updated by the department or program.