

Kinesiology

The Field of Kinesiology

The term kinesiology means “the study of movement.” The field of kinesiology includes such subdisciplines as 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 enrich the lives of our students through insight, education, and practical experience, leading to meaningful and rewarding professional careers.

The Department of Kinesiology

The department is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical experience. Students are engaged in educational, clinical, and research programs and practices which incorporate innovative technology, comprehensive instruction, and best practices. Curriculum and instruction in the department provide a broad foundation for future learning and professional growth.

Available facilities include a gymnasium, 12 tennis courts, a mat/gymnastics facility; a weight/cardio room; two multipurpose/dance rooms; all-weather tracks; and an aquatics complex with two pools. Modern, comprehensive, research-grade labs in exercise physiology, biomechanics, sports and exercise psychology, and athletic training are central components of the department.

Exercise Science

The Exercise Science Option provides a comprehensive foundation in the biological, physical, and technological sciences which is necessary for graduate study and professional careers in fitness, wellness, health promotion, human performance, and preventive and rehabilitative sciences. Flexibility and personalized strategies for higher education and career development are hallmarks of this program.

Physical Education

The Physical Education Teacher Education Option prepares students to pursue a teaching credential for teaching in schools grades K-12, and it offers coursework and practical experience in coaching. This program incorporates coursework from the Kremen School of Education and Human Development. This program is designed to provide a physical education degree and a teaching credential within four years.

Sport Administration

The 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 resumé — all

while gaining essential hands-on sport industry experience.

B.S. in Athletic Training

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.

Master's Programs in Kinesiology

Obtaining a master's degree is a very effective strategy for career advancement. At the master's level, the Department of Kinesiology offers specializations in physical education and sport administration, and options in exercise science (exercise physiology and biomechanics) and sport/exercise psychology.

Students may prepare for more advanced degrees, applied research, or for careers in teaching, administration, coaching, school or professional sport management, or in clinical settings.

California State
University, Fresno

Department of
Kinesiology

559.278.2016

B.S. in
Kinesiology

Options:

- *Exercise Science*
- *Physical Education Teacher Education*
- *Sport Administration*

B.S. in Athletic Training

M.A. in
Kinesiology

Options:

- *Exercise Science*
- *General Kinesiology*
- *Physical Education*

Teaching Credential

Athletic Trainer
*Certification
Preparation*

FRESNO STATE

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Kinesiology

High School Preparation

Students should meet California State University's admission requirements in terms of college preparatory course requirements and grade point average. Proficiency in a variety of sports activities is recommended and participation in interscholastic or intramural sports would also be beneficial.

University Program

Students should consult the university's *General Catalog* for specific major and university requirements.

General Education

Students should complete as many of the Fresno State General Education requirements as possible during the freshman and sophomore years, whether they are attending Fresno State or a community college prior to transferring. Kinesiology requires KINES 32, which fulfills Area E of the General Education requirement.

Course Requirements

Students must consult a Department of Kinesiology adviser and the university's *General Catalog* prior to registering for courses.

Lower Division

Freshman-Sophomore level courses
(may be taken at a community college)

Introduction to Athletic Training
Human Anatomy and Physiology
CPR and First Aid Certification

Upper Division

Junior-Senior level courses
(to be taken at Fresno State)

Core

Introductory Principles and Techniques for
Physical Fitness and Development
Lifetime Fitness and Wellness
Foundations of Sport and Exercise Psychology
Fundamentals of Biomechanics
Fundamentals of Exercise Physiology

Careers in Kinesiology

A degree in kinesiology can lead to careers in three major areas: health care, sports/athletics, and education. Programs in the Department of Kinesiology provide preparation for certification by the Commission on Accreditation for Athletic Training Education (certified athletic trainer), the American College of Sports Medicine (clinical exercise physiologist, exercise specialist, health fitness instructor, certified personal trainer), the National Strength and Conditioning Association (personal trainer, certified strength and conditioning specialist), the American Council on Exercise, American Red Cross (CPR), and the American Heart Association (advanced cardiac life support).

**For additional
information, write**

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Department of
Kinesiology**

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93740-8018

Visit or call

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PLEASE NOTE: This document is for general informational purposes only. The information is subject to change; consult the appropriate department or an academic adviser. Entering freshmen must follow the revised General Education program effective fall 1999 and thereafter. The university catalog and schedule of courses are available online at www.fresnostate.edu/ClassSchedule and www.fresnostate.edu/catalog.

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