

KINESIOLOGY, BS, CONCENTRATION IN PHYSICAL ACTIVITY LEADERSHIP

Social Sciences and Education (sse) (<https://catalog.csub.edu/general-information/csub-information/school-social-sciences-education/>)

Department of Kinesiology (<https://catalog.csub.edu/general-information/csub-information/school-social-sciences-education/department-kinesiology/>)

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www.csub.edu/sse/kine (<http://www.csub.edu/sse/kine/>)

Program Maps for Social Sciences and Education (<https://programmmap.csub.edu/academics/interest-clusters/a94a03c6-bc7d-471f-b602-cfefa852c1aa/>)

Program Requirements

The Bachelor of Science Degree with a major in Kinesiology requires a minimum of 120 units which includes courses for the major and courses for the other university-wide general education graduation requirements.

Discipline Requirements for the Major

Students interested in majoring in Kinesiology should obtain general information about the program early in their lower division career. After declaring as a major in Kinesiology, the student should meet with an appointed advisor within the department to plan a course of study in a specific concentration. This is essential given that certain courses are offered only once a year and that many courses have prerequisites that require completion of sequenced non-major and major courses in order to fulfill these requirements. The cognate courses are some of these prerequisites and are best taken with the lower division general education courses prior to reaching Upper Division status. Majors must earn a grade of "C-" or better in all KINE courses as well as cognate and elective courses required for the major.

Code	Title	Units
General Education Requirements		
Subject Area 1A: English Composition		3
Subject Area 1B: Critical Thinking		3
Subject Area 1C: Oral Communication		3
Subject Area 2: Mathematical Concepts & Quantitative Reasoning		3
Subject Area 3A: Arts		3
Subject Area 3B: Humanities		3
Upper Division 3 Arts or Humanities: (3UD)		3
Subject Area 4: Social and Behavioral Sciences		3
Upper Division 4 Social and Behavioral Sciences: (4UD) ²		0
Subject Area 5A: Physical Science ¹		0

Subject Area 5B: Biological Sciences ¹		0
Subject Area 5C: Laboratory ¹		0
Upper Division 5 Science: (5UD)		3
Subject Area 6: Ethnic Studies		3
<i>General Education Subtotal</i>		30
Campus Requirement		
First-Year Seminar (FYS)		2
American Institutions: Government and History ⁷		3
American Institutions: History		3
Junior Year Diversity & Reflection (JYDR)		3
Graduation Writing Assessment Requirement (GWAR)		3
Capstone ³		0
<i>Campus Requirement Subtotal</i>		14
Major Requirements		
<i>Required CPR, 1st Aid and AED</i>		
KINE 1020	CPR, 1st Aid and AED	1
<i>Required Core Courses</i>		
KINE 1018	Lifetime Fitness	2
KINE 2000	Introduction to Kinesiology ⁴	3
KINE 3000	Motor Growth and Development Across the Lifespan	3
KINE 3010	Measurement and Evaluation in Kinesiology	3
KINE 3020	Psychology of Sport and Physical Activity	3
KINE 3030	Functional Anatomy in Kinesiology	4
KINE 3040	Physiology of Exercise	4
KINE 4868	Internship and Capstone	3
Concentration in Physical Activity Leadership		
<i>Required Major Courses</i>		
KINE 4120	Principles of Strength and Conditioning	3
KINE 4210	Administration and Management of Physical Activity Programs	3
KINE 4220	Behavioral Aspects of Physical Activity and Exercise	3
KINE 4230	Physical Activity for Individuals with Disabilities	3
KINE 4240	Techniques of Teaching Lifelong Physical Activity	3
KINE 4250	Physical Activity for Diverse Lifespan Populations	3
<i>Chemistry Cognate Course</i>		
CHEM 1010	Preparation for College Chemistry	3
	or CHEM 1003 Foundations of Chemistry for Healthcare Professionals	
<i>Biology Cognate Courses</i>		
BIOL 2210	Human Anatomy	4
BIOL 2220	Human Physiology	4
BIOL 2240	Principles of Nutrition	2
<i>Major Electives</i>		
Select two of the following:		6
KINE 2100	Sports Medicine I - Care and Prevention of Athletic Injuries	
KINE 3100	Sports Medicine II: Therapeutic Modalities	
KINE 3118	Epidemiology and Wellness	
KINE 3120	Nutrient Utilization for Human Performance and Sport	
KINE 3130	Leadership and Teaching of Group Fitness	

KINE 3300	Sociology of Sport and Physical Activity	KINE 1524	Archery
KINE 3310	Legal and Ethical Issues in Physical Activity Settings	KINE 1525	Badminton
KINE 3320	Motor Control and Learning	KINE 1526	Tennis
KINE 3330	Psychology of Coaching	KINE 1527	Ultimate Frisbee
KINE 3338	Women, Sport and Physical Activity	KINE 1530	Kickboxing
KINE 3340	Child and Adolescent Physical Activity and Health	KINE 1532	Soccer
KINE 4110	Exercise Prescription for Health and Performance	KINE 1533	Volleyball
KINE 4130	Biomechanics of Exercise and Sport	KINE 1535	Cardio Combat
KINE 4140	Advanced Physiology of Exercise	KINE 1536	Introduction to Team Sports
KINE 4150	Clinical Exercise Physiology	KINE 1537	Climbing 101
KINE 4160	Exercise and Aging	KINE 1542	Bootcamp
KINE 4170	Worksite Health Promotion	KINE 1543	Karate
KINE 4800	Directed Research	KINE 1544	Introduction to Scuba Diving
KINE 4850	Individual Study	KINE 1545	Foundations of Functional Movement
KINE 4870	Cooperative Education	KINE 1546	Beginning Swim
KINE 4890	Experiential Learning	KINE 1547	Beach Volleyball
Activity Courses			
Select four of the following: 4			
Intercollegiate Courses 5			
ATHL 1403	Intercollegiate Basketball	KINE 1550	Introduction to Olympic Lifting
ATHL 1413	Intercollegiate Wrestling	KINE 1552	Fencing
ATHL 1423	Intercollegiate Track, Men's	KINE 1553	Intermediate Volleyball
ATHL 1433	Intercollegiate Track, Women	KINE 1554	Pop Pilates
ATHL 1443	Intercollegiate Women's Cross Country	KINE 1555	Rugby
ATHL 1473	Intercollegiate Volleyball	KINE 1556	Pickleball
ATHL 1483	Intercollegiate Men's Swimming	KINE 1557	Beginning Golf
ATHL 1493	Intercollegiate Women's Swimming	Online Courses 6	
ATHL 1503	Intercollegiate Softball	KINE 1505	Jogging
ATHL 1513	Intercollegiate Women's Soccer	KINE 1506	Walking
ATHL 1523	Intercollegiate Golf	KINE 1507	Bicycling
ATHL 1543	Intercollegiate Women's Basketball	KINE 1513	Swim Fitness
ATHL 1553	Intercollegiate Baseball	Major Subtotal 67	
ATHL 1563		Additional Units Needed Towards Graduation 9	
ATHL 1573	Spirit Squad	Total Units 120	
ATHL 1583	Intercollegiate Men's Soccer		
Kinesiology Courses			
KINE 1502	Basketball		
KINE 1503	Yoga		
KINE 1504	Intramurals		
KINE 1505	Jogging		
KINE 1506	Walking		
KINE 1507	Bicycling		
KINE 1510	Judo		
KINE 1512	Weight Training		
KINE 1513	Swim Fitness		
KINE 1514	Indoor Cycling		
KINE 1515	Interval Training		
KINE 1517	Triathlon		
KINE 1520	Lifeguard Training		
KINE 1522	Water Polo		
KINE 1523	Dance		

¹ A modification to the GE program has been approved that allows major requirements to satisfy Lower Division Subject Area 5.

² Students are waived from the Upper Division area of their program.

³ Capstone is satisfied as part of KINE 4868 Internship and Capstone.

⁴ KINE 2000 Introduction to Kinesiology is a prerequisite to all other core KINE courses 3000-level and above (it can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework.

⁵ Only 1 intercollegiate activity course will count toward the major.

⁶ Only 1 online activity course will count toward the major.

⁷ American Institution - Government (American & Constitutional Ideals) satisfies one course of the two required in Subject Area 4.