

Gerokinesiology

CONCENTRATION

- Concentrations **MUST** officially be declared, by completing a form in the Office of Admissions & Records LH 114
- **NO exceptions** or course substitutions will be made to the concentration – all **21 units** listed below (and on the TDA) must be complete
- Once a concentration is declared, if you decide not to complete it, you must complete the form in Admissions and Records to declare **NO CONCENTRATION** and avoid a delay in graduation.



Overview

Provides knowledge and skills necessary to develop and teach a variety of wellness and fitness classes and/or personalized training/rehabilitation programs for older adults across the functional continuum. Prepares students for advanced study in related allied health professions, and meets international curriculum guidelines for preparing physical activity instructors of older adults.

All concentrations MUST be declared upon completion of 85 units and/or PRIOR to applying for graduation.

Required 12 Units (4 Courses):

Course	Title	Pre-Requisite
KNES 352	Principles of Teaching Group Fitness	JR/SR, KNES 202 & 210 or 191A or equivalent
KNES 454	Physical Dimensions of Aging	JR/SR & Minimum of 6 Upper Division Units Complete
KNES 455	Functional Perform Assess Program for Older Adults	JR/SR, KNES 349 & 353 OR 454
KNES 495	Internship	JR/SR & Approval

Choose 9 Units (3 Courses) from the following:

KNES 351, 354, 364, 375, 377, 378, 432, 451, 457, 463, 470, 471, 499; HESC 440,450; PSYC 362

*Once a concentration has been declared AND completed, it will be notated on your transcripts

**All 21 units must be complete in addition to the 9 units of Major Pre-Requisites, 9 Units of Foundation Coursework, 18 Units of Disciplinary Core Coursework, 3 Units of Upper Division Writing (ENGL 301), and 51 Units of General Education. A total minimum of 120 units is required for Graduation.

Faculty Advisor
Dr. Debra Rose