

Department of Kinesiology
Bachelor of Science in Kinesiology
Effective Fall 2012

The Department of Kinesiology offers a Bachelor of Science in Kinesiology for students preparing for professional careers or for graduate work in fields related to sport, movement, exercise, and health promotion. The undergraduate degree consists of 120 units with 51 units required for the major, which can be taken following 9 units of prerequisites. Within the Major, students must complete 9 units of Foundation Courses, an 18-unit Disciplinary Core, a 3-unit upper-division Writing Course, and a 21-unit Focus Area in one of the following six advising tracks: **Clinical Exercise Science, Fitness and Health Promotion, Gerokinesiology, Sports Studies, Teacher Education or Special Studies** (option must obtain Focus Area Advisor approval). Students are required to seek advising from the KHS Advising Center (Kathy Webster 657- 278- 4757) for foundation and disciplinary core courses and will aid the student in selecting their Focus Area and their Focus Area advisor.

Prerequisite Course Requirements (9 units)

KNES/ BIOL 210 Human Anatomy and Physiology (3) or equivalent

Performance Courses (6 units) (Must take one course from each category with the exception of Teacher Education**)

Fitness (1) 100 Physical Conditioning; 102AB Jogging; 103 Fitness Walking; 105 Cycling *; 114 Rock Climbing *; 144 Aerobic Exercise & Weight Control; 145 Cardio Kick-Boxing *; 146 Weight Training

Aquatics (1) 110ABC Swimming; 111 Water Polo *; 112AB Surfing*; 214AB Scuba *

Martial Arts/ Combatives (1) 145 Cardio Kick-Boxing*; 150 Wrestling; 151AB Aikido;152AB Karate; 153 Wushu: Chinese Martial Arts; 154 Self Defense; 155 Fencing *; 156 Tai Chi *; 256 Adv Tai Chi *

Individual Sports (1) 105 Cycling *; 112AB Surfing *; 114 Rock Climbing *; 117AB Bowling; 119ABC Golf; 120ABC Gymnastics; 155 Fencing *; 156 Tai Chi *; 214AB Scuba *; 246AB Hatha Yoga; 256 Adv Tai Chi *

Racquet Sports (1) 130AB Badminton; 131ABCD Tennis; 132AB Racquetball

Team Sports (1) 111 Water Polo *; 160 Ultimate Frisbee; 161AB Slow Pitch Softball; 164ABC Volleyball; 165AB Soccer; 167ABC Basketball

* May only count in one category.

** Performance courses **not** required for **Teacher Education focus area** (See TE focus area requirements).

Foundation Courses (9 units)

Prerequisite courses are listed in italics

KNES 202 Introduction to Kinesiology (3)

Declared KNES major or minor.

KNES 360 Movement Anatomy (3)

KNES 202 prerequisite or corequisite; KNES/ BIOL 210 or equivalent.

KNES 349 Measurement & Statistics in Kinesiology (3)

KNES 202 prerequisite or corequisite. Upper division standing.

Disciplinary Core Courses (18 units)

KNES 361 Principles of Movement (3) *KNES 202 prerequisite or corequisite, KNES 360; 4 of 6 Performance Courses or 240, 241, or 242 for Teacher Education recommended. Upper division standing.*

KNES 348 Physiology of Exercise (3) *KNES 202 prerequisite or corequisite; KNES/ BIOL 210 or equivalent. Upper division standing.*

KNES 371 Human Motor Control & Learning (3) *KNES 202 prerequisite or corequisite; KNES/ BIOL 210 or equivalent. Upper division standing.*

KNES 380 Philosophy of Human Movement (3) *KNES 202 prerequisite or corequisite; completion of a GE category C2 (old GE IIIB2). Upper division standing.*

KNES 381 History of Sports, Games & Culture (3) *KNES 202 prerequisite or corequisite; completion of a GE category C (old GE III). Upper division standing.*

KNES 383 Psychology of Sport & Physical Activity (3) *KNES 202 prerequisite or corequisite. Upper division standing.*

University Writing Requirement (3 units)

ENGL 301 Advanced College Writing (3)

ENGL 101(May count as GE category A2 (old GE IB).

Focus Area Requirements (21 units) See individual Focus Area Advising Track for requirements.

Clinical Exercise Science Advising Track (21 units)
Effective Fall 2011

The Clinical Exercise Science (CES) advising track provides students with background knowledge and practical experience in preparation for careers in settings where exercise is used as therapy, such as in cardiac rehabilitation, physical rehabilitation, sports medicine, and geriatric rehabilitation. This advising track, together with other selected course work, also helps prepare students for advanced study in a variety of health care professions such as in physical/ occupational therapy and in the medical field. *

Required Courses (12 units)

Prerequisite courses are listed in italics

- KNES 377 Therapeutic Exercise (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
 KNES 451 Sports Medicine (3) *KNES 348 and KNES 348L. Graduate or upper division standing.*
 KNES 461 Biomechanical Analysis of HM (3) *KNES 300. PHYS 211 recommended - may count as GE category B1 (old GE III.A2a). Graduate or upper division standing.*
 OR
 KNES 463 Biomechanics of Musculoskeletal Injury (3) *KNES 300. Graduate or upper division standing.*
 KNES 495 Internship in KNES (3) *Minimum of 12 upper-division KNES units completed, faculty sponsor, field supervisor, fieldwork coordinator and Dept chair consent. Graduate or upper division standing.*

Elective Courses (select 9 units)

- KNES 320 Exercise Techniques for Strength Training (3) *KNES 260; KNES 300 recommended. Upper division standing.*
 KNES 351 Principles of Strength & Conditioning (3) *KNES 348. KNES 300 recommended. Upper division standing.*
 KNES 354 Cardiovascular Exercise Testing & Prescription *KNES 348 and KNES 348L. KNES 351 recommended. Upper division standing.*
 KNES 364 Motor Development (3) *KNES 260. Upper division standing.*
 KNES 365 Prevention & Care of Athletic Injuries (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
 KNES 373 Advanced Injury Assessment of the Lower Extremity (3) *KNES 365. Upper division standing.*
 KNES 374 Advanced Injury Assessment of the Upper Extremity (3) *KNES 365. Upper division standing.*
 KNES 375 Management of Sport/ Exercise Emergencies (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
 KNES 378 Therapeutic Modalities in Rehabilitation (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
 KNES 414 Legal Issues in Kinesiology (3) *KNES 202 prerequisite or corequisite or Comm 346. Graduate or upper division standing*
 KNES 432 Applied Exercise Psychology (3) *KNES 383. Graduate or upper division standing.*
 KNES 450 Program Design for Strength & Conditioning (3) *KNES 351. Graduate or upper division standing.*
 KNES 453 Clinical Exercise Physiology (3) *KNES 348. Graduate or upper division standing.*
 KNES 454 Physical Dimensions of Aging (3) *Minimum 6 upper-division KNES units completed or 6 units from Gerontology minor. Graduate or upper division standing.*
 KNES 455 Functional Performance Assessment & Programming for Older Adults (3) *KNES 349 and KNES 353 or KNES 371 or KNES 454. Graduate or upper division standing.*
 KNES 456 Environmental Exercise Physiology (3) *KNES 348. Graduate or upper division standing.*
 KNES 457 Practice of Personal Training (3) *KNES 351 and KNES 354. Graduate or upper division standing.*
 KNES 470 Nutrition for Exercise & Performance (3) *KNES 348. Graduate or upper division standing.*
 KNES 471 Motor Control and Movement Dysfunction (3) *KNES 371. Graduate or upper division standing.*
 KNES 480 Gender Issues and Sport (3) *KNES 381 or 6-units of GE category C1-3 (old GE GE III) completed. Graduate or upper division standing.*
 HESC 401 Epidemiology (3) *HESC 220 and KNES or HESC 349. Upper division standing.*
 HESC 405 Worksite Injury Prevention & Rehabilitation (3) *KNES/Biol 210 or HESC 220. Upper division standing.*

* Students taking coursework in preparation for admission to a specific professional program, such as physical or occupational therapy, should check the entry requirements for the specific program at the institution to which they intend to apply. Through careful planning students can maximize the number of courses that meet CSUF General Education and Kinesiology degree requirements, as well as the entry requirements for other programs of interest.

Clinical Exercise Science Advisors

Michele Barr, MS

Dr. Bill Beam

Dr. Robert Kersey

Dr. Scott Lynn

Dr. Lee Brown

Dr. Guillermo Noffal

Dr. Jared Coburn

Dr. Debra Rose

Dr. Dan Judelson

Dr. Daniela Rubin

Spr 2011

Fitness and Health Promotion Advising Track (21 units)
Effective Fall 2011

The Fitness and Health Promotion (FHP) advising track provides students with background knowledge and experience supporting careers in areas such as personal training, fitness instruction, corporate fitness/worksites health promotion, and older adult fitness/wellness. This advising track also prepares students for advance study in fitness and health promotion, as well as provides opportunities for personal enrichment and growth.

Required Courses (12 units)

Prerequisite courses are listed in italics

- KNES 351 Principles of Strength & Conditioning (3) *KNES 348. KNES 300 recommended. Upper division standing.*
 KNES 352 Principles of Teaching Group Fitness (3) *KNES/BIOL 210. Upper division standing.*
 KNES 354 Cardiovascular Exercise Testing & Prescription (3) *KNES 348 and KNES 348L. KNES 351 recommended. Upper division standing.*
 KNES 495 Internship in KNES (3) *Minimum of 12 upper-division KNES units completed, faculty sponsor, field supervisor, fieldwork coordinator and Dept chair consent. Graduate or upper division standing.*

Elective Courses (select 9 units)

- KNES 320 Exercise Techniques for Strength Training (3) *KNES 260; KNES 300 recommended. Upper division standing.*
 KNES 348L Physiology of Exercise Laboratory (1) *KNES 348 prerequisite or corequisite. Upper division standing.*
 KNES 352 Principles of Teaching Group Fitness (3) *KNES/BIOL 210. Upper division standing.*
 KNES 354 Cardiovascular Exercise Testing & Prescription (3) *KNES 348 and KNES 348L. KNES 351 recommended. Upper division standing.*
 KNES 406 Principles of Sport & Exercise Management (3) *Graduate or upper division standing.*
 KNES 414 Legal Issues in Kinesiology (3) *KNES 202 prerequisite or corequisite or Comm 346. Graduate or upper division standing.*
 KNES 432 Applied Exercise Psychology (3) *KNES 383. Graduate or upper division standing.*
 KNES 450 Program Design for Strength & Conditioning (3) *KNES 351. Graduate or upper division standing.*
 KNES 451 Sports Medicine (3) *KNES 348 and KNES 348L. Graduate or upper division standing.*
 KNES 453 Clinical Exercise Physiology (3) *KNES 348. Graduate or upper division standing.*
 KNES 454 Physical Dimensions of Aging (3) *Minimum 6 upper-division KNES units completed or 6 units from Gerontology minor. Graduate or upper division standing.*
 KNES 455 Functional Performance Assessment & Programming for Older Adults (3) *KNES 349 and KNES 353 or KNES 371 or KNES 454. Graduate or upper division standing.*
 KNES 456 Environmental Exercise Physiology (3) *KNES 348. Graduate or upper division standing.*
 KNES 457 Practice of Personal Training (3) *KNES 351 and KNES 354. Graduate or upper division standing.*
 KNES/ HESC 460 Worksite Health Promotion (3) *KNES 202 or HESC 220. Graduate or upper division standing.*
 KNES 470 Nutrition for Exercise & Performance (3) *KNES 348. Graduate or upper division standing.*
 KNES 480 Gender Issues and Sport (3) *KNES 381 or 6-units of C1-3 (old GE GE III) completed. Graduate or upper division standing.*
 HESC 400 Program Design in Health Science (3) *HESC 220 or KNES 202.*
 HESC 405 Worksite Injury Prevention & Rehabilitation (3) *KNES/Biol 210 or HESC 220. Upper division standing.*
 HESC 440 Determinants of Health Behavior (3) *KNES 202 or HESC 220. Upper division standing.*
 HESC 461 Occupational Health & Safety (3) *KNES 202 or HESC 220. Upper division standing.*

Fitness & Health Promotion Advisors

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| Dr. Bill Beam | Dr. Lee Brown | Dr. David Chen | Dr. Dan Judelson |
| Dr. Debra Rose | Dr. Daniela Rubin | Dr. Clay Sherman | Dr. Kathleen Wilson |

Spring 2011

Gerokinesiology Advising Track (21 units)

Effective Fall 2011

The Gerokinesiology (GK) advising track provides students with the background knowledge and skills necessary to develop and teach a variety of fitness and mobility enhancement classes and/or personalized training/ rehabilitation programs for older adults. This advising track also prepares students for advanced study in related allied health professions, and meets international curriculum recommendations for preparing physical activity instructors of older adults.

Required Courses (15 units)

Prerequisite courses are listed in italics

- KNES 352 Principles of Teaching Group Fitness (3) *KNES/BIOL 210. Upper division standing.*
HESC 450 Applied Health Promotion in Aging Populations *KNES 202, HESC 220 or graduate standing.*
KNES 454 Physical Dimensions of Aging (3) *Minimum 6 upper-division KNES units completed or 6 units from Gerontology minor. Graduate or upper division standing.*
KNES 455 Functional Performance Assessment & Programming for Older Adults (3) *KNES 349 and KNES 353 or KNES 371 or KNES 454. Graduate or upper division standing.*
KNES 495 Internship in KNES (3) *Minimum of 12 upper-division KNES units completed, faculty sponsor, field supervisor, fieldwork coordinator and Dept chair consent.*

Elective Courses (select 6 units)

- KNES 351 Principles of Strength & Conditioning (3) *KNES 348. KNES 300 recommended. Upper division standing.*
KNES 354 Cardiovascular Exercise Testing & Prescription *KNES 348 and KNES 348L. KNES 351 recommended. Upper division standing.*
KNES 363 Adapted Physical Education (3) *KNES 364. Upper division standing.*
KNES 364 Motor Development (3) *KNES 260. Upper division standing.*
KNES 375 Management of Sport/ Exercise Emergencies (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
KNES 377 Therapeutic Exercise (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
KNES 378 Therapeutic Modalities in Rehabilitation (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
KNES 432 Applied Exercise Psychology (3) *KNES 383. Graduate or upper division standing.*
KNES 451 Sports Medicine (3) *KNES 348 and KNES 348L. Graduate or upper division standing.*
KNES 457 Practice of Personal Training (3) *KNES 351 and KNES 354. Graduate or upper division standing.*
KNES 463 Biomechanics of Musculoskeletal Injury (3) *KNES 300. Graduate or upper division standing.*
KNES 470 Nutrition for Exercise & Performance (3) *KNES 348. Graduate or upper division standing.*
KNES 471 Motor Control and Movement Dysfunction (3) *KNES 371. Graduate or upper division standing.*
HESC 440 Determinants of Health Behavior (3) *KNES 202 or HESC 220. Upper division standing.*
HESC 450 Applied Health Promotion in Aging Populations (3) *HESC 220 or graduate standing.*
PSYC 362 Psychology of Aging (3) *PSYC 101. May count as GE category D1 (old GE Category IIIC1).*

Gerokinesiology Advisors

Spring 2011

Dr. Debra Rose

Jeana Miller, MS

Sport Studies Advising Track (21 units)
Effective Fall 2011

The Sport Studies (SS) advising track provides background course work related to sport and exercise psychology, strength and conditioning, athletic coaching, biomechanics, exercise physiology, and motor behavior in community physical activity/sport programs. This track is for those interested in coaching certification (ASEP) and strength and conditioning certifications (NSCA offers the CSCS and NSCA-CPT, and USAW offers the Sports Performance Coach). This track is also appropriate for students interested in studying the historical, philosophical, and sociological aspects of sport.

Required Courses (12 units)

Prerequisite courses are listed in italics

- KNES 325 Techniques of Coaching (3) *Upper division standing.*
KNES 351 Principles of Strength & Conditioning (3) *KNES 348. KNES 300 recommended. Upper division standing.*
KNES 365 Prevention & Care of Athletic Injuries (3) *KNES 202 prerequisite or corequisite. Upper division standing.*
KNES 385 Instructional Analysis of Human Movement (3) *KNES 300 and completion of the 6 performance courses requirements or Teacher Education
KNES 240, 241, and 242 recommended. Upper division standing.*

Elective Courses (select 9 units)

- KNES 320 Exercise Techniques for Strength Training (3) *KNES 260; KNES 300 recommended. Upper division standing.*
KNES 326 Theory & Application of Sports Officiating (3) *Upper division standing.*
KNES 354 Cardiovascular Exercise Testing & Prescription *KNES 348 and KNES 348L. KNES 351 recommended. Upper division standing.*
KNES 384 Sport Sociology (3) *KNES 202 prerequisite or corequisite; Upper division standing.*
KNES 386 Movement & the Child (3) *Corequisite KNES 494 for teacher education kinesiology majors only. May count as GE category E (old GE IV). Upper division standing.*
KNES 387 Movement & the Adolescent (3) *Corequisite KNES 494 for Teacher Education Kinesiology majors only. Upper division standing.*
KNES 410 Community & Youth Sports (3) *KNES 381. CAS 312 recommended. Graduate or upper division standing.*
KNES 414 Legal Issues in Kinesiology (3) *KNES 381. CAS 312 recommended. Graduate or upper division standing.*
KNES 430 Applied Sport Psychology (3) *KNES 383. Graduate or upper division standing.*
KNES 432 Applied Exercise Psychology (3) *KNES 383. Graduate or upper division standing.*
KNES 450 Program Design in Strength & Conditioning (3) *KNES 351. Graduate or upper division standing.*
KNES 456 Environmental Exercise Physiology (3) *KNES 348. Graduate or upper division standing.*
KNES 457 Practice of Personal Training (3) *KNES 351 and KNES 354. Graduate or upper division standing.*
KNES 461 Biomechanical Analysis of Human Movement (3) *KNES 300. PHYS 211 recommended - may count as GE category B1 (old GE III.A2a).
Graduate or upper division standing.*
KNES 463 Biomechanics of Musculoskeletal Injury (3) *KNES 300. Graduate or upper division standing.*
KNES 470 Nutrition for Exercise & Performance (3) *KNES 348. Graduate or upper division standing.*
KNES 480 Gender Issues and Sport (3) *KNES 381 or 6-units of C1-3 (old GE III) completed. Graduate or upper division standing.*
KNES 495 Internship in KNES (3) *Minimum of 12 upper-division KNES units completed, faculty sponsor, field supervisor, fieldwork coordinator and Dept chair consent.*

Sport Studies Advisors

Athletic Coaching:

Dr. Andrea Becker Dr. Patti Laguna (ASEP Certification) Dr. Lenny Wiersma

Psychological performance enhancement (i.e., sport psychology, exercise psychology):

Dr. Andrea Becker Dr. David Chen Dr. Patti Laguna Dr. Clay Sherman
Dr. Traci Statler Dr. Lenny Wiersma Dr. Kathleen Wilson

Physical performance enhancement (i.e., biomechanics, exercise physiology, strength & conditioning):

Dr. Joao Barros Dr. Bill Beam Dr. Lee Brown Dr. Jared Coburn
Dr. Dan Judelson Dr. Guillermo Noffal Dr. Daniela Rubin Dr. Scott Lynn

Community/ youth physical activity and sports programs:

Dr. Clay Sherman Dr. Daniela Rubin Dr. Lenny Wiersma Dr. Kathleen Wilson

Study of sport (history, philosophy and/or sociology)

Dr. Matt Llewellyn Dr. Traci Statler Dr. Stephen Walk

Kinesiology Minor (24 units)

Effective Fall 2011

A Kinesiology Minor consists of 24 units of approved course work. All courses for the minor must be taken for a letter grade and completed with a “C” or better. Students are required to meet with the Kinesiology General adviser (Dr. Webster 278- 4757) for assistance in developing a cohesive set of courses that best supports their educational, career, or personal goals.

Performance Courses (3 units)

Three courses (1 unit each) must be taken from any three of the following areas: Fitness, Martial Arts/ Combatives, Aquatics, Individual Sports, Team Sports, or Racquet Sports.

Required Courses (9 units)

Prerequisite courses are listed in italics

KNES 202 Introduction to Kinesiology (3) *Declared KNES minor*

KNES/ BIOL 210 Human Anatomy and Physiology (3)

KNES 360 Movement Anatomy (3) *KNES 202 prerequisite or corequisite; KNES/ BIOL 210 or equivalent.*

Upper-Division Electives (*Select 12 units*)

KNES 361 Principles of Movement (3) *KNES 202 prerequisite or corequisite, KNES 260; 4 of 6 Performance Courses or 240, 241, or 242 for Teacher Education recommended. Upper division standing.*

KNES 325 Techniques of Coaching (3) *Upper division standing.+*

KNES 348 Exercise Physiology (3) *KNES 202 prerequisite or corequisite; KNES/ BIOL 210 or equivalent. Upper division standing.*

KNES 351 Principles of Strength & Conditioning (3) *KNES 348. KNES 300 recommended. Upper division standing.*

KNES 353 Physical Activity and Lifelong Well-Being (3) *Completion of a GE category D.5 (old GE III). Upper division standing.*

KNES 371 Human Motor Control & Learning (3) *KNES 202 prerequisite or corequisite; KNES/ BIOL 210 or equivalent. Upper division standing.*

KNES 380 Philosophy of Human Movement (3) *KNES 202 prerequisite or corequisite; completion of a GE category C.2 (old GE III.B2). Upper division standing.*

KNES 381 History of Sports, Games & Culture (3) *KNES 202 prerequisite or corequisite; completion of a GE category C (old GE III). Upper division standing.*

KNES 383 Psychology of Sport & Physical Activity (3) *KNES 202 prerequisite or corequisite. Upper division standing.*

KNES 384 Sociology of Sport (3) *KNES 202 prerequisite or corequisite. Upper division standing.*

KNES 386 Movement & the Child (3) *Corequisite KNES 494 for teacher education kinesiology majors only. May count as GE category E (old GE IV). Upper division standing.*

KNES 387 Movement & the Adolescent (3) *Corequisite KNES 494 for Teacher Education Kinesiology majors only. Upper division standing.*

Kinesiology Minor Advisor Dr. Kathy Webster