

Bachelor of Science in Kinesiology

The Kinesiology undergraduate program at CSUSB provides a comprehensive education in the science of human movement. Students can choose from four concentrations, including Exercise Science (ES), Allied Health Professions (AHP), Physical Education and Adapted Physical Education (PEAPE), and Health Promotion (HP), each tailored to specific career goals within the field. The curriculum integrates theoretical knowledge with practical experience through laboratory work, internships, and community engagement. The program emphasizes the development of critical thinking, ethical decision-making, and effective communication skills essential for success in the diverse field of kinesiology. Faculty members are dedicated professionals who bring diverse expertise and research interests to the classroom, ensuring a dynamic and supportive learning environment. Graduates are well-prepared for various professional roles, further studies, and certifications in health, fitness, rehabilitation, and education.

The Kinesiology Department offers the Exercise Science and Health Promotion Concentration at the satellite Palm Desert Campus (PDC) for a 4-year degree completion program.

Note: Although some courses in this program may be offered in online or hybrid mode, most courses are only offered in-person. Students should consult an adviser for supporting course work offered for all concentrations in the Kinesiology major.

Allied Health Professions (AHP)

The concentration in Allied Health Professions (AHP) is for people interested in eventual graduate education in allied health professions (e.g., physical therapy, occupational therapy, physician's assistant, medical or dental school) after graduation from CSUSB. CSUSB Kinesiology AHP students will engage in a rigorous course of study in Kinesiology, Biology, Chemistry, and Physics. This concentration offers undergraduate students essential pre-requisite courses for eventual graduate study in a preferred AHP. Students are strongly encouraged to review admission requirements at accredited universities to which they may apply for specific allied health professional graduate programs. Twelve units in the AHP concentration meets the requirements for GE and major. Note: AHP concentration is the only Kinesiology concentration that is impacted at this time. Students must request to transfer into the program once meeting the admission requirements.

Minimum Admission Requirements for Transfer Students:

1. 3.20 cumulative GPA required;
2. Complete the following:

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|---|--|---|
| MATH 1601 or MATH 2210 | Modeling with Calculus Calculus I | 3 |
| BIOL 2230 | Human Anatomy and Physiology I for Allied Health Majors | 4 |
| BIOL 2240 | Human Anatomy and Physiology II for Allied Health Majors | 4 |
| A minimum of one (1) science series chosen from Group A, B or C | | |
| Group A: | | |
| CHEM 2100 | General Chemistry I | 4 |

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|--|---------------------------------|---|
| CHEM 2100L | General Chemistry I Laboratory | 1 |
| CHEM 2200 | General Chemistry II | 4 |
| CHEM 2200L | General Chemistry II Laboratory | 1 |
| Group B: | | |
| PHYS 2000 | Introduction to Physics I | 4 |
| PHYS 2000L | Introduction to Physics I Lab | 1 |
| PHYS 2010 | Introduction to Physics II | 4 |
| PHYS 2010L | Introduction to Physics II Lab | 1 |
| Group C: | | |
| PHYS 2500 | General Physics I | 4 |
| PHYS 2500L | General Physics I Lab | 1 |
| PHYS 2510 | General Physics II | 4 |
| PHYS 2510L | General Physics II | 1 |
| The grade earned in each of the above courses must be no lower than a "C" (2.0). | | |

Department Recommendations: It is strongly recommended that students in the Allied Health Professions Concentration maintain a minimum 3.20 GPA once admitted to the concentration.

Exercise Science (ES)

The Exercise Science (ES) concentration is for people interested in a variety of health/fitness-related fields including but not limited to: personal trainer, cardiac rehab, athletic training, wellness, strength and conditioning specialist, sport psychologist, etc. This concentration prepares undergraduate students to work in a variety of health/fitness related fields.

Physical Education and Adapted Physical Education (PEAPE)

The Physical Education and Adapted Physical Education (PEAPE) concentration is for people interested in becoming physical education teachers and/or adapted physical education teachers. The concentration prepares undergraduate students to go into the teacher education credential program. Formerly known as Pedagogy concentration. The two units from the KINE core count toward the PEAPE concentration. For students in the PEAPE concentration KINE 3700 meets the requirements for GE Upper Division Scientific Inquiry (B5). Students in the PEAPE concentration are eligible to obtain the added authorization (<http://bulletin.csusb.edu/colleges-schools-departments/education/teacher-education-foundations/adapted-physical-education-added-authorization/>) for Adapted Physical Education during the credential program through the college of education.

Health Promotion (HP)

The Health Promotion (HP) concentration is for people interested in a broad spectrum of health-related careers with the goal to help others improve their overall health and well-being. This concentration prepares students to work in areas such as, but not limited to, health education and promotion, school-based health, workplace wellness, community health, and health consulting.

Requirements (69-78)

Total units required for graduation (120)

Requirements for the B.S. in Kinesiology

Lower-division requirements (19)

| | | |
|---------------------|---|---|
| BIOL 2230 | Human Anatomy and Physiology I for Allied Health Majors | 4 |
| BIOL 2240 | Human Anatomy and Physiology II for Allied Health Majors *Counts toward GE B2 | 4 |
| MATH GE Category B4 | *Counts toward GE B4 | 3 |

It is strongly suggested for ES and PEAPE concentration students to take MATH 1301. AHP concentration students must take MATH 1601 or MATH 2210.

Complete a minimum of 2 units from the following courses: 2

PEAPE concentration students must take KINE 2610 to meet this requirement

| | | |
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| KINE 1010A | Individual and Dual Activities: Badminton | |
| KINE 1010B | Individual and Dual Activities: Pickleball | |
| KINE 1010D | Individual and Dual Activities: Bowling | |
| KINE 1010E | Individual and Dual Activities: Tennis | |
| KINE 1140A | Physical Fitness and Conditioning Activities: Body Conditioning | |
| KINE 1140B | Physical Fitness and Conditioning Activities: Independent Activity | |
| KINE 1140C | Physical Fitness and Conditioning Activities: Jogging | |
| KINE 1140D | Physical Fitness and Conditioning Activities: Weight Training | |
| KINE 1140E | Physical Fitness and Conditioning Activities: Yoga | |
| KINE 1200A | Somatic and Martial Arts Activities: Aikido | |
| KINE 1200E | Somatic and Martial Arts Activities: Karate | |
| KINE 1200F | Somatic and Martial Arts Activities: Self-Defense | |
| KINE 1200G | Somatic and Martial Arts Activities: Cardio-Arts | |
| KINE 1200I | Somatic and Martial Arts Activities: Pilates | |
| KINE 1210A | Team Activities: Basketball | |
| KINE 1210C | Team Activities: Soccer | |
| KINE 1210F | Team Activities: Volleyball | |
| KINE 1370A | Aquatic Activities: Swimming | |
| KINE 1370E | Aquatic Activities: Advanced Swimming for Fitness | |
| KINE 1490 | Independent Activity Project | |
| KINE 1500A | Dance Activities: Aerobic | |
| KINE 1500B | Dance Activities: Low-Impact Aerobic | |
| KINE 1500C | Dance Activities: Step Aerobic | |
| KINE 1500D | Dance Activities: Ballet | |
| KINE 1500F | Dance Activities: Jazz | |
| KINE 1500J | Dance Activities: Sampler | |
| KINE 1700 | Special Topics Activities | |
| KINE 2610 | Teaching/Coaching Principles for Dance | |

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| KINE 2100 | Orientation to Kinesiology | 3 |
| KINE 2700 | Introduction to Fitness and Programming | 3 |

Upper-division requirements (23)

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| KINE 3100 | Introduction to Adapted Physical Activity | 3 |
| KINE 3200 | Principles of Human Movement | 3 |
| KINE 3400 | Psychology and Sociology of Human Movement | 3 |
| KINE 3500 | Motor Development Across the Lifespan | 3 |
| KINE 3700 | Statistics in Kinesiology | 3 |
| KINE 3800 | Exercise Physiology | 4 |
| KINE 4100 | Motor Learning and Control | 3 |
| KINE 4200 | Seminar in Kinesiology | 1 |

Concentration (27-36)

Students must satisfy the requirements of one of the concentrations listed below: 27-36

Total Units 69-78

Concentrations (27-36 units)

Allied Health Professions Concentration

(Program Code: KAHP)

Required Courses: (30)

| | | |
|------------|---|---|
| PSYC 1100 | Introduction to Psychology *Counts towards GE Category D3 | 3 |
| CHEM 2100 | General Chemistry I *3 units count towards GE Category B1 | 4 |
| CHEM 2100L | General Chemistry I Laboratory | 1 |
| CHEM 2200 | General Chemistry II | 4 |
| CHEM 2200L | General Chemistry II Laboratory | 1 |
| KINE 4800 | Biomechanics | 4 |

Choose 3 units from the following courses: 3

| | | |
|-----------|--------------------------|--|
| PSYC 3390 | Abnormal Psychology | |
| PSYC 2201 | Developmental Psychology | |

Choose from Group A, B or C (10 units) 10

| | | |
|------------------------------|---------------------------------------|--|
| Group A | | |
| PHYS 2000 | Introduction to Physics I | |
| PHYS 2000L | Introduction to Physics I Lab | |
| PHYS 2010 | Introduction to Physics II | |
| PHYS 2010L | Introduction to Physics II Lab | |
| Group B | | |
| PHYS 2500 | General Physics I | |
| PHYS 2500L | General Physics I Lab | |
| PHYS 2510 | General Physics II | |
| PHYS 2510L | General Physics II Lab | |
| Group C (Recommended for PA) | | |
| BIOL 3050 | Human Genetics and Genomics | |
| CHEM 2400 | Organic Chemistry I Lecture | |
| BIOL 2200 | Microbiology for Allied Health Majors | |

Electives: Choose 3 units from the courses below (3) 3

| | | |
|-----------|---------------------------------------|--|
| BIOL 2010 | Principles of Biology I | |
| BIOL 2020 | Principles of Biology II | |
| BIOL 2200 | Microbiology for Allied Health Majors | |

| | | |
|--------------------|---|-----------|
| BIOL 3300 | Genetics | |
| BIOL 3050 | Human Genetics and Genomics | |
| CHEM 2400 | Organic Chemistry I Lecture | |
| CHEM 2400L | Organic Chemistry I Laboratory | |
| CHEM 2500 | Organic Chemistry II | |
| CHEM 2500L | Organic Chemistry II Laboratory | |
| KINE 2200 | Medical Terminology | |
| KINE 2300 | Prevention and Care of Athletic Injuries | |
| KINE 2500 | Observational Field Experience in Kinesiology | |
| KINE 3600 | Physical Activity and Aging | |
| KINE 3810 | Sport and Exercise Nutrition | |
| KINE 4500 | Principles of Strength and Conditioning | |
| KINE 4400 | Exercise Testing and Prescription | |
| KINE 4700 | Clinical Exercise Physiology | |
| KINE 4600 | EKG Interpretation and Stress Testing | |
| Total Units | | 33 |

Exercise Science

(Program Code: KEXS)

Required Courses (17)

| | | |
|-----------|--|---|
| KINE 2300 | Prevention and Care of Athletic Injuries | 3 |
| KINE 3600 | Physical Activity and Aging | 3 |
| KINE 3810 | Sport and Exercise Nutrition | 3 |
| KINE 4400 | Exercise Testing and Prescription | 4 |
| KINE 4800 | Biomechanics | 4 |

Electives (10)

| | | |
|---|---|-----------|
| Choose 10 units from the following courses: | | 10 |
| KINE 2200 | Medical Terminology | |
| KINE 2400 | Applications of Technology in Kinesiology | |
| KINE 2500 | Observational Field Experience in Kinesiology | |
| KINE 3250 | Exercise Techniques for Resistance Training | |
| KINE 3510 | Research Seminar in Kinesiology | |
| KINE 3900 | Health and Fitness Business Management | |
| KINE 4300 | Environmental Exercise Physiology | |
| KINE 4500 | Principles of Strength and Conditioning | |
| KINE 4600 | EKG Interpretation and Stress Testing | |
| KINE 4700 | Clinical Exercise Physiology | |
| Total Units | | 27 |

Physical Education and Adapted Physical Education

(Program Code: KPEC)

Required Courses: (36)

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|-----------|---|---|
| KINE 2540 | Field Work in Physical Education and Adapted Physical Education | 2 |
| KINE 2611 | Teaching/Coaching Principles for Gymnastics | 2 |

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| KINE 2612 | Teaching/Coaching Principles for Swimming | 2 |
| KINE 2620 | Teaching/Coaching Principles for Combative/Fitness Activity | 3 |
| KINE 2630 | Teaching/Coaching Principles for Individual/Dual Sport | 3 |
| KINE 2640 | Teaching/Coaching Principles for Team Sports | 3 |
| KINE 2650 | Teaching/Coaching Principles for Fundamental Movement, Nontraditional Games | 3 |
| KINE 3300 | Movement Skill Assessment for Individuals with Disabilities | 3 |
| KINE 3320 | The Nature and Issues Concerning Individuals with Disabilities | 3 |
| KINE 3330 | Applied Behavior Management | 3 |
| KINE 4720 | Program Design in Physical Education | 3 |
| KINE 4730 | Instructional Strategies in Physical Education | 3 |
| KINE 4900 | Seminar in Physical Education and Adapted Physical Education | 3 |

Total Units 36

Health Promotion

(Program Code: KHPR)

Required Courses (16)

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| Choose 1 unit from the following courses: | | 1 |
| KINE 1010A | Individual and Dual Activities: Badminton | |
| KINE 1010B | Individual and Dual Activities: Pickleball | |
| KINE 1010D | Individual and Dual Activities: Bowling | |
| KINE 1010E | Individual and Dual Activities: Tennis | |
| KINE 1140A | Physical Fitness and Conditioning Activities: Body Conditioning | |
| KINE 1140B | Physical Fitness and Conditioning Activities: Independent Activity | |
| KINE 1140C | Physical Fitness and Conditioning Activities: Jogging | |
| KINE 1140D | Physical Fitness and Conditioning Activities: Weight Training | |
| KINE 1140E | Physical Fitness and Conditioning Activities: Yoga | |
| KINE 1200A | Somatic and Martial Arts Activities: Aikido | |
| KINE 1200E | Somatic and Martial Arts Activities: Karate | |
| KINE 1200F | Somatic and Martial Arts Activities: Self-Defense | |
| KINE 1200G | Somatic and Martial Arts Activities: Cardio-Arts | |
| KINE 1200I | Somatic and Martial Arts Activities: Pilates | |
| KINE 1210A | Team Activities: Basketball | |
| KINE 1210C | Team Activities: Soccer | |
| KINE 1210F | Team Activities: Volleyball | |

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|---|--|-----------|
| KINE 1370A | Aquatic Activities: Swimming | |
| KINE 1370E | Aquatic Activities: Advanced Swimming for Fitness | |
| KINE 1490 | Independent Activity Project | |
| KINE 1500A | Dance Activities: Aerobic | |
| KINE 1500B | Dance Activities: Low-Impact Aerobic | |
| KINE 1500C | Dance Activities: Step Aerobic | |
| KINE 1500D | Dance Activities: Ballet | |
| KINE 1500F | Dance Activities: Jazz | |
| KINE 1500J | Dance Activities: Sampler | |
| KINE 1700 | Special Topics Activities | |
| Choose 3 units from the following courses: | | 3 |
| KINE 3810 | Sport and Exercise Nutrition | |
| HSCI 3600 | Nutrition for Health | |
| Complete the following courses | | |
| KINE 3600 | Physical Activity and Aging | 3 |
| HSCI 3201 | Health Behavior | 3 |
| HSCI 3207 | Social Determinants of Health | 3 |
| HSCI 4202 | Epidemiology | 3 |
| Electives (11) | | |
| Choose 11 units from the following courses: | | 11 |
| KINE 2000 | CPR and First Aid | |
| KINE 2050 | Foundations for Lifetime Fitness and Wellness | |
| KINE 2200 | Medical Terminology | |
| KINE 2400 | Applications of Technology in Kinesiology | |
| KINE 2500 | Observational Field Experience in Kinesiology | |
| KINE 3510 | Research Seminar in Kinesiology | |
| KINE 3900 | Health and Fitness Business Management | |
| CHEM 2070 | Fundamentals of General, Organic, and Biochemistry | |
| BIOL 2200 | Microbiology for Allied Health Majors | |
| HSCI 3206 | Public Health Law and Ethics | |
| HSCI 4207 | Chronic Disease Burden in U.S. | |
| HSCI 4212 | Topics about Special Populations | |
| HSCI 4208 | Drug and Alcohol Issues | |
| PSYC 2201 | Developmental Psychology | |
| Total Units | | 27 |