

Bachelor of Science in Kinesiology

Although some courses in this program may be offered in online or hybrid mode, most courses are only offered in-person.

The Kinesiology Department has 4 concentrations. Allied Health Professions (AHP), Exercise Science (ES), Physical Education and Adapted Physical Education (PEAPE), and Health Promotion (HP).

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:

MATH 1601	Modeling with Calculus	3
or MATH 2210	Calculus I	
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
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.

Students should consult an adviser for supporting course work offered for all concentrations in the Kinesiology major.

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

KINE 1010A	Individual and Dual Activities: Badminton	
KINE 1010B	Individual and Dual Activities: Pickleball	
KINE 1010E	Individual and Dual Activities: Tennis	
KINE 1140A	Physical Fitness and Conditioning Activities: Body Conditioning	
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 2610	Teaching/Coaching Principles for Dance	
KINE 2100	Orientation to Kinesiology	3
KINE 2700	Introduction to Fitness and Programming	3
Upper-division requirements (23)		
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: KAHF)

Required Courses: (30)

PSYC 1100	Introduction to Psychology towards GE Category D3	*Counts 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
Choose 3 units from the following courses:		3
PSYC 3390	Abnormal Psychology	
PSYC 2201	Developmental Psychology	
Physics- A minimum ten units (10) units to choose from:		10
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	
OR		
PHYS 2500	General Physics I	
PHYS 2500L	General Physics I Lab	
PHYS 2510	General Physics II	
PHYS 2510L	General Physics II Lab	
KINE 4800	Biomechanics	4
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	
CHEM 2400	Organic Chemistry I Lecture	
CHEM 2400L	Organic Chemistry I Laboratory	
CHEM 2500	Organic Chemistry II	
CHEM 2500L	Organic Chemistry II Laboratory	
PSYC 2201	Developmental Psychology	
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 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)

KINE 2540	Field Work in Physical Education and Adapted Physical Education	2
KINE 2611	Teaching/Coaching Principles for Gymnastics	2
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 (19)

Choose 1 unit from the following courses: 1

KINE 1010A	Individual and Dual Activities: Badminton	
KINE 1010B	Individual and Dual Activities: Pickleball	
KINE 1010E	Individual and Dual Activities: Tennis	
KINE 1140A	Physical Fitness and Conditioning Activities: Body Conditioning	
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	

Choose 3 units from the following courses: 3

KINE 3810	Sport and Exercise Nutrition	
HSCI 3600	Nutrition for Health	

Complete the following courses

KINE 2050	Foundations for Lifetime Fitness and Wellness	3
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 2200	Medical Terminology	
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
<hr/>	
Total Units	30