

CALIFORNIA STATE UNIVERSITY SAN MARCOS

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PROGRAM CHANGE PROPOSAL - Form P-2

COLLEGE ☐ CHABSS ☐ CoBA ☒ CoEHHS ☐ CSM

TITLE OF PROGRAM Kinesiology BS

Discipline

Check one: ☒ Change to Program ☐ Program Deletion

TITLE OF DEGREE PROGRAM: Kinesiology BS

This form is the signature sheet for a change to, or deletion of, an existing program.

Note that the addition of a new option/concentration/emphasis/track is a new "program," and requires the use of Form P.

For a change to a program,

1. Attach a page (or pages) giving a brief summary of the purpose of this proposal, and its connection to the mission and student learning outcomes of the program.
2. Attach catalog copy showing exactly how the program should appear in the catalog if the changes are approved.

For a program deletion, attach a statement explaining the impact on students: how will the program be "taught-out" for declared majors?

Does this proposal impact other disciplines or units? Yes ☐ No ☒ If yes, obtain signature(s).
Any objections or concerns should be stated in writing and attached to this form. Please check the box to indicate whether a memo has been attached.

Discipline/Unit _____	Signature _____	<input type="checkbox"/>	_____	Date _____	_____ Support _____ Oppose
Discipline/Unit _____	Signature _____	<input type="checkbox"/>	_____	Date _____	_____ Support _____ Oppose
Discipline/Unit _____	Signature _____	<input type="checkbox"/>	_____	Date _____	_____ Support _____ Oppose
Discipline/Unit _____	Signature _____	<input type="checkbox"/>	_____	Date _____	_____ Support _____ Oppose

1. Jeff Nessler 12/17/15
Originator (Please Print) Date

2. [Signature] 12/17/15
Program/ Department - Director/Chair Date

APPROVAL PROCESS

3. Nancy C. Lomig ☐ 3-14-16
College Curriculum Committee^ Date

4. [Signature] ☐ 3/14/16
College Dean (or Designee)* Date

5a. _____ ☐ _____
University Curriculum Committee^ Date

5b. _____ ☐ _____
Budget and Long-Range Planning Committee (if applicable)^ Date

6. _____ Date
Academic Senate

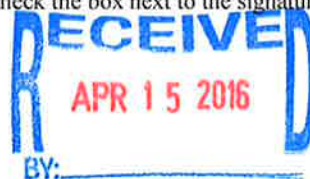
7. _____ Date
Provost (or Designee)

8. _____ Date
President

9. _____
Date to Chancellor's Office (if applicable)

* Where appropriate, attach a memo on program impact on the unit and the ability of the unit to support it. Check the box next to the signature line to indicate whether a memo has been attached.

^ Where appropriate, attach a memo summarizing the curricular and/or resource deliberations. Check the box next to the signature line to indicate whether a memo has been attached.



1. Kinesiology is proposing to merge two existing options into a single, new option:

Kinesiology currently offers 3 options: Pre-Physical Therapy (PPT), Applied Exercise Science (AES), and Health Science (HS). The PPT and AES options are very similar. The PPT option was designed for students interested in professional school (Physical/Occupational Therapy, Physician's Assistant, Medical School, Dental School, etc.) while the AES option was designed for students that are more interested in working soon after graduation in areas such as exercise/fitness training, cardiac rehabilitation, coaching, and action sports. *The department is proposing to merge the PPT and AES options into a single option that will be called Movement Science (MSCI).* For the purpose of this P2 form, this merger will be accomplished by discontinuing the AES option and altering the PPT option. The rationale for discontinuation of the AES option is attached.

This change will provide greater flexibility for students. Rather than requiring a set of science courses for all students in the new MSCI option, the science pre-requisites have been streamlined and students have been given the ability to select more of their courses to meet their individual need. For example, rather than requiring 2 Chemistry courses, students are now required to take a single Chemistry course and may elect to take a second if it is needed for the professional school of their choice. Under the current PPT and AES options, students are required to take courses that may or may not fulfill their preferred graduate school admissions requirements or that may have little professional interest to them. The proposed change will introduce more choices into their curriculum.

This change will provide greater flexibility for the department. A new Graduate program in Kinesiology will begin in Fall 2016. This will require that some faculty teach graduate courses and leave vacancies in certain undergraduate course offerings. These vacancies can be absorbed by structuring some of the undergraduate degree requirements as course "clusters" rather than hard requirements. Under the old curriculum, the department is obligated to offer several courses every semester. Under the proposed change, a greater number of course substitutions are allowed for students. This will lead to greater flexibility for schedule building.

The disruption to students is minimized by the proposed changes. In general, students in the MSCI option will have fewer hard requirements and more choices when compared to the current PPT and AES options. In fact, if a student were to continue to follow one of the current PPT or AES options they would also fulfill nearly all of the requirements for the MSCI option. The one exception to this is the addition of a new required course, KINE 311, to the Kinesiology core.

The core Kinesiology courses are now standardized across both options. There is a larger difference between the HS option and the PPT or AES options. For this reason, the HS option will remain, while the PPT and AES options will merge into a single option (MSCI). In order to streamline both of the new options and reduce the number of courses that the department must offer in a given semester, both new options (Health Science and Movement Science) will have a very similar set of core Kinesiology courses but will differ in more specialized areas of the curriculum.

The name Pre-Physical Therapy is no longer appropriate for an undergraduate option. While many students state that their intent is to become a Physical Therapist, in reality very few students continue on to Physical Therapy school. This is due primarily to a change in interests – many

students become interested in another Kinesiology related career during their time at CSUSM. Other students become disinterested in PT because of the perceived difficulty with attending professional school, while many others don't perform well enough in their undergraduate courses to be a competitive applicant. Because the vast majority of students in the PPT option do not actually attend Physical Therapy school, a name change is appropriate.

This new structure promotes integration of graduate and undergraduate students. Both the proposed MSCI option and the Health Science option include a requirement for "advanced study." Student can meet this requirement by selecting either a 400 level course, or by taking a graduate level course (course requirements will be adjusted for undergraduate students).

Proposed changes to the AES and PPT options:

- a. Applied Exercise Science option to be deleted. (See attached discontinuation rationale)
- b. Proposed Changes to the PPT option:
 - I. *Name change from Pre-Physical Therapy to Movement Science:* Pre-Physical Therapy is no longer an appropriate name for an undergraduate option.
 - II. *Change of Chemistry requirement:* from CHEM 105/105L and CHEM 150/150L to either CHEM 105/105L or CHEM 150/150L. This will provide greater flexibility for students to design their course of study to fit their career and/or graduate school aspirations.
 - III. *Addition of KINE 311 (Movement Pedagogy) into the core:* This course contains important information all Kinesiology majors. Since the PE option was recently suspended, there are very few courses offered where Kinesiology majors can learn this content. As part of the decision to suspend the PE option, the department decided to create a new course and place it into the core of the program rather than maintain a separate option in PE.
 - IV. *Creation of course "clusters" for Movement Science Breadth courses:* This will provide greater flexibility for both the department and students (see above).
 - V. *Addition of Advanced Study requirement:* This will promote greater enrollment in 400 level and graduate level courses (see above).

2. Kinesiology is proposing to change the requirements for the Health Science option.

These changes are very similar to those proposed for the PPT option above. They include:

- a. *The addition of KINE 305 and KINE 311 to the Kinesiology core:* These courses represent information that is important for all Kinesiology majors. Previously this content was delivered in other areas of the Kinesiology curriculum. It is now consolidated and standardized across units in the Kinesiology core. These additional units for the Health Science option were offset by the removal of KINE 204, KINE 306, and an upper division major elective.
- b. *The removal of KINE 204 as a requirement:* much of this content is now covered in KINE 305.
- c. *The removal of KINE 306 as a requirement:* this is a GE course with content that is very general and not appropriate for Kinesiology majors who will learn it in greater detail in their other courses.

- d. *A change in the Chemistry requirement:* from CHEM 105/105L to an *OPTION* between CHEM 105/L and CHEM 150/L: this will allow greater flexibility for students that may choose to attend a professional school that has unique Chemistry requirements.
- e. *The addition of “clusters” of requirements:* where students select the course in which they are most interested.
- f. *The addition of an advanced study requirement (see above):* This requirement will replace an upper division major elective.

3. Kinesiology is proposing a new course – KINE 427 Assessment and Programming for Healthy Aging

To date, very little of the Kinesiology curriculum has dealt with aging and older adults. There is a philosophical motivation to prepare our students to work with individuals across the lifespan. There is also a practical motivation to promote interest in and prepare our students for careers working with older adults. This course will provide relevant content and will provide an opportunity for students to train and interact with older adults in a real world setting. This course will fulfill the “Diverse Populations” requirement for students under the proposed program requirements. This course has been offered for 2 semesters as a special topics course.

4. Kinesiology is proposing to change laboratory designations for 5 undergraduate courses.

Nearly all science laboratory courses on campus carry a C16 designation (1 credit hour: 3 contact hours: 2 wtu). Currently, all Kinesiology undergraduate labs carry a C15 designation (1 credit hour: 3 contact hours: 1.5 wtu). Kinesiology is requesting a change from C15 to C16 designation for all undergraduate laboratories. The preparation and hands on instruction in these laboratories requires a high level of preparation and instruction and therefore merits 2 wtu. All Kinesiology graduate courses carry the proposed C16 designation.

5. Kinesiology is proposing to change the name of KINE 310.

The content of this course, while also related to adventure based learning, is primarily focused on the personal and social development of students through participation in structured learning activities. It therefore has relevance to the Health Science option, and in particular the “Comparative Health” requirement. Its current name (Adventure, Teambuilding, and Experiential Education) does not fully describe the content and does not fit as well within the Health Science context.

6. Kinesiology is proposing to change KINE 302 from a 3 unit lecture course into 2 units lecture, 1 unit laboratory. The content for this course deals with prevention, evaluation, and treatment of athletic injuries, and includes a large amount of hands on taping, stretching, and evaluation activities. Much of the content is already delivered in a laboratory-like manner. The addition of

the laboratory component will provide additional time and a more appropriate setting for hands-on, instructional activities. In addition, similar courses are offered at local Junior Colleges at the 100 and 200 level. The proposed change will also help to distinguish the 300 level version of this course from lower division versions offered on other campuses.

- 7. Kinesiology is proposing to change KINE 495 (internship) into a variable unit course.** Students have always taken 3 units of internship to fulfill this requirement. This 3 unit requirement will not change. Rather, this proposal will allow the department to alter the way in which students can complete their 3 units. To date, the department has only offered a single 3 unit internship course. If the department were to offer an accelerated BS program in the future, it would be very difficult for students to complete an internship on an 8 week timeline. By making KINE 495 variable units, the department will have the option of offering 2 units in one 8 week session and an additional unit in a subsequent 8 week session (2+1 format).



MEMORANDUM

DATE: April 8, 2016

TO: Deborah Kristan
Chair, Academic Senate

FROM: Karen S. Haynes
President

SUBJECT: Discontinuation of the Applied Exercise Science Option in Kinesiology

I reviewed the Academic Senate's memo dated April 5, 2016, recommending the discontinuation of the Applied Exercise Science Option in Kinesiology. The memo states that, in accordance with the *Academic Program Discontinuance Policy*, the appropriate parties were notified of the proposal to discontinue this option and that no objections were received either by Provost Oberem or the Academic Senate.

The Senate provided a copy of the Department of Kinesiology's request for discontinuation of this option, which explains

"The Department of Kinesiology is proposing the discontinuation of its option in *Applied Exercise Science* due to its similarity to the option in *Pre-Physical Therapy* (soon to be renamed *Movement Science*). Note that this discontinuation does not represent a loss of content or area of study in Kinesiology. This content will still be available to students under the newly proposed *Movement Science* option. The request has been supported and endorsed throughout the review process that was conducted in accordance with the University's *Academic Program Discontinuance Policy*."

I concur with the findings and recommendation of the Academic Senate, and approve the discontinuation of the Applied Exercise Science Option in Kinesiology.

KSH/GO/mab

cc: Graham Oberem, Provost and Vice President for Academic Affairs
Janet Powell, Dean, College of Education, Health and Human Services
Regina Eisenbach, Dean, Academic Programs
Jeff Nessler, Chair and Associate Professor, Department of Kinesiology
Michael McDuffie, Vice-Chair, Academic Senate
Laurie Stowell, Secretary, Academic Senate

Discontinuation of the Applied Exercise Science Option in Kinesiology

The Department of Kinesiology is proposing the discontinuation of its option in *Applied Exercise Science* due to its similarity to the option in *Pre-Physical Therapy* (soon to be renamed *Movement Science*). Note that this discontinuation does not represent a loss of content or area of study in Kinesiology. This content will still be available to students under the newly proposed *Movement Science* option.

A) Importance to the institution

- *To what extent the program promotes the mission of the University.*
- *To what extent the program is central to the curriculum of a department, a college or the University.*
- *To what extent the program contributes to a balanced curriculum.*

The option in *Applied Exercise Science (AES)* promotes the mission of the University in a variety of ways, including

- Promotion of active learning through a learn by doing approach to coursework using innovative labs and research projects
- A curriculum that emphasizes inclusion, civility, and service of students with varying cultural and socioeconomic backgrounds and those with special needs
- Connection with the community through internships and service learning.

The AES option and the preparation that it imparts to students has been a valuable piece of the Kinesiology undergraduate program. However, this option has always been very similar to the *Pre-Physical Therapy (PPT)* option. This similarity will increase as a result of several proposed changes to the PPT option (see attached P2 form). Due to this significant overlap and the desire to create an option with as much flexibility as possible, it is no longer necessary to retain the AES option. If approved, the AES option would no longer be open to new students. However, new students will still have the flexibility to replicate this option in the future under the newly proposed curriculum structure for the *Movement Science* option.

B) Quality of the program

To what extent the quality of the program justifies continuance in its present form.

The variables for evaluating program quality include but are not limited to:

- *demonstrated ability of the faculty to offer and maintain a current and rigorous curriculum;*
- *access to resources adequate to maintain the sufficient breadth, depth and coherence of the program;*
- *demonstrated ability to attract and retain enough well-qualified faculty;*
- *the quality of the program's faculty as demonstrated by participation in appropriate scholarly, creative and/or professional activity; and*
- *to what extent the program's excellence and standing in its discipline enhances the reputation of the University*

This program is of high quality. All tenure track faculty in the Kinesiology department contribute to this program in a variety of ways. Several of these courses involve research projects that not only engage students in the learning process, but sometimes lead to conference presentations and journal publications. Other courses in this program involve service learning components, and all utilize the latest in technology in both laboratory and lecture experiences. None of these innovations will change as a result of the proposed discontinuation.

C) Efficiency (cost effectiveness) of the program

To what extent the program is cost-effective relative to disciplinary norms and compared to similar programs at comparable institutions. The measurements presented for the specific program shall include:

- *student-faculty ratio;*
- *total cost per FTEF;*
- *the total cost per FTES;*
- *potential for external funding and support; and*
- *other discipline specific variables*

The average student-faculty ratio for courses in the *Applied Exercise Science* option in Fall 2015 is 33:1 (mean 7.37 FTES per course). Assuming an average cost of \$2000/unit, 63 total units for the option, and 140 FTES generated in Fall 2015, the average cost per FTES is approximately \$900 (FTES for each course is listed below).

FTEF estimation: 63 total units are listed in the table below, which is the equivalent of 7 TT FTEF or 4.2 PT FTEF. Assuming an average cost of \$2000/wtu, this yields \$18,000/TT FTEF or \$30,000/PT FTEF.

Note that it is not possible to parse FTES/SFR/FTEF generated by the AES option from those generated by the PPT option because students in both options take each of the courses listed below. Therefore, the above values represent both options combined.

D) Demand for the program

To what extent the present and projected demand for the program is sufficient. Demand for the program may be measured by one or more of the following:

- *the number of completed applications for admission;*
- *the FTES generated in lower division, upper division, and/or graduate level courses;*
- *the number of students who completed the program;*
- *the anticipated need for graduates of the program*

Demand for the AES option is strong, though not as strong as the other options in Kinesiology. However, the proposed discontinuation of this option will not require that any content or any courses be removed from the Kinesiology curriculum. Rather,

students will still have the opportunity to take these same courses as a part of a different option.

As of Fall 2015, there are approximately 350 Kinesiology majors and 508 pre-Kinesiology majors on campus. Of the 350 students that have been admitted to the program, there are currently 50 (14.2%) that have declared the AES option. The remainder of students are divided between the PPT option (190, or 54%) and the *Health Science* option (110, or 31%). At this time the department is unable to determine how many pre-KINE majors are interested in pursuing the AES option, as they only make this designation upon applying to be admitted into the Kinesiology major (i.e. no longer pre-KINE major).

Fall 2015

Course	# students enrolled	FTES
KINE 301 (2 sections)	69	18.4
KINE 302 (2 sections)	65	13
KINE 303 (3 sections)	101	20.2
KINE 304	29	5.8
KINE 305	38	10.1
KINE 306 (3 sections)	89	17.8
KINE 326 (2 sections)	69	18.4
KINE 336/415	64	12.8
KINE 406	30	6
KINE 425	36	9.6
KINE 495	40	8

The above table holds enrollment values for AES option courses offered by Kinesiology in the **Fall 2015** semester. It is difficult to determine how many FTES are associated with students in the AES option vs students in other options because many of these courses are required across all options. Note that none of these courses would be altered or removed as a result of the proposed discontinuation. Rather, students in the PPT and AES options will be combined into a single option (renamed *Movement Science*).

Department Chair:

Jeff Nessler, Ph.D.

Faculty:

Todd Astorino, Ph.D.

Devin Jindrich, Ph.D.

Hyun Gu Kang, Ph.D.

Jeff Nessler, Ph.D.

Sean Newcomer, Ph.D.

Devan Romero, Dr.P.H.

Paul Stuhr, Ph.D.

Programs Offered:

- Bachelor of Science in Kinesiology, Options in:

~~- Applied Exercise Science~~

~~- Movement Science~~

- Health Science

~~- Pre-Physical Therapy~~

Kinesiology, the study of human movement, integrates the biological, physical, behavioral and social sciences in the study of physical activity and sport, and their effect on fitness and quality of life of people across the lifespan. The Kinesiology program at California State University San Marcos is a comprehensive program of study offered in support of the Surgeon General's "Call to Action to Prevent and Decrease Overweight and Obesity," and Healthy People 2020.

Student Learning Outcomes

Students who graduate with a Bachelor of Science in Kinesiology will:

1. Demonstrate knowledge of fundamental principles of Kinesiology, including anatomy and physiology, teaching movement related skills, physiological response to exercise, and the mechanics and control of movement.
2. Apply Kinesiology related skills to empirical research, internships, field experience, and/or service learning.
3. Evaluate movement science questions through 1) the performance of health, fitness, and movement assessment, 2) the acquisition, analysis, and interpretation of original data, and 3) the procurement, appraisal, and application of information from current research literature.
4. Utilize oral and written communication that meets appropriate professional and scientific standards in Kinesiology.
5. Model professional and personal growth including 1) advocacy for a healthy, active lifestyle, 2) promotion of professional ethics and service to others, 3) shared responsibility and successful collaboration with peers, and 4) pursuit of learning beyond CSUSM.

Career and Educational Opportunities

The Bachelor of Science in Kinesiology is intended to prepare students for careers in areas such as physical education, exercise physiology, rehabilitation, athletic training, corporate wellness, coaching, wellness coaching, and personal training. With an emphasis on rehabilitation and chronic disease, the major is also excellent preparation for those wishing to pursue advanced degrees in physical education, kinesiology, medicine, physical/occupational therapy, nursing, public health, and more.

OPTION IN ~~Applied Exercise~~Movement Science

Option Requirements

General Education*	51
Preparation for the Major*	29
Major Requirements	43-44 <u>43-45</u>

Students must take sufficient elective units to bring the total number of units to a minimum of 120.

~~*Nineteen-Sixteen~~ (1916) units of lower-division General Education units in Area B (Mathematics and Science), D (Social Sciences), and E (Lifelong Learning and Information Literacy) are automatically satisfied by courses taken in the Preparation for the Major and Major Requirements.

Preparation for the Major

(29 Units)

BIOL 104	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L* <u>OR, CHEM 150* & 150L*</u>	5
KINE 200	1
KINE 201	1
KINE 202	3
MATH 125*	4
PSYC 100*	3

Major Requirements

(~~43-44~~ 43-45 Units)

Upper-Division Core Requirements (4026)

KINE 301	4
KINE 302	3
KINE 303	3
KINE 304	3
KINE 305	4
KINE 306*	3
KINE 311	4
KINE 326	4
KINE 336	3
KINE 406	3
KINE 425	4
KINE 426	3
KINE 495	3

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Upper-Division Major Electives (3-4 units) Breadth (9 units)*

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Select one course from each of the following groups:

Diverse Populations

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KINE 304 3

KINE 426 3

KINE 427 3

Nutritional Science

KINE 336 3

KINE 415 3

Allied Health

KINE 302 3

KINE 404 3

KINE 426 3

Advanced Study (3-4 units)

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Select one additional course from the following:

KINE 404

KINE 406

KINE 426

KINE 427

Any 500 level Kinesiology course

Major Electives (5-6 Units)

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Choose 5-6 units from the following:

Any additional 300, 400, or 500 level KINE course(s). OR,

Other course(s) approved by advisor. Courses required as pre-requisites for graduate school can be taken to fulfill this requirement.

Choose any additional 300 or 400-level KINE course or one of the following:

HIST 300D 3

PHYS 205 4

PSYC 330 3

PSYC 336 3

PSYC 356 3

SOC 314 4

OPTION IN HEALTH SCIENCE

Option Requirements

General Education*	51
Preparation for the Major*	28 25
Major Requirements	41-42 46-48

Students must take sufficient elective units to bring the total number of units to a minimum of 120.

*~~Twelve to Fifteen~~ (12-15) units of lower-division General Education units in Area B (Mathematics and Science), D (Social Sciences), and E (Lifelong Learning and Information Literacy) are automatically satisfied by courses taken in the Preparation for the Major and Major Requirements.

Preparation for the Major

(~~28-25~~ Units)

BIOL 104 or BIOL 160	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L* <u>.OR. CHEM 150* & 150L*</u>	5
KINE 200	1
KINE 201	1
KINE 202	3
KINE 204	3
PSYC 100*	3

Major Requirements

(41-42 Units)

~~Upper Division~~Health Science Core Courses (~~35-36~~34 Units)

KINE 301	4
KINE 303	3
KINE 305	4
KINE 306*	3
KINE 311	4
KINE 316	3
KINE 326	4
KINE 336	3
KINE 404	3
KINE 405	3
KINE 407	3
SOC 314 or HD 350	3-4
KINE 495	3

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Health Science Breadth (9-10 units)

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Select one course from each of the following groups:

Diverse Populations

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KINE 304	3
KINE 426	3
KINE 427	3

Nutritional Science

KINE 336	3
KINE 415	3

Comparative Health

HD 350	3
SOC 314	4
KINE 310*	3

Advanced Study (3-4 units)

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Select one additional course from the following:

KINE 404

KINE 406

KINE 426

KINE 427

Any 500 level Kinesiology course

Upper-Division Major Electives (6 Units)

Choose any two additional 300 or 400 level KINE courses or any of the following:

PHIL 345	3
PSYC 361	3
PSYC 428	3
PSYC 432	3

OPTION IN Pre-Physical Therapy

Option Requirements

General Education*	51
Preparation for the Major*	42
Major Requirements	34-36

Students must take sufficient elective units to bring the total number of units to a minimum of 120.

*Sixteen (16) units of lower-division General Education units in Area B (Mathematics and Science) and D (Social Sciences) are automatically satisfied by courses taken in the Preparation for the Major Requirements.

Preparation for the Major (42 Units)

BIOL 104	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L*	5
CHEM 150	5
KINE 200	1
KINE 201	1
KINE 202	3
MATH 125*	4
PHYS 101 or 205	4
PHYS 102 or 206	4
PSYC 100*	3

Major Requirements (34-36 Units)

Upper-Division Core Requirements (28)

KINE 301	4
KINE 302	3
KINE 303	3
KINE 305	4
KINE 326	4
KINE 425	4
KINE 426	3
KINE 495	3

Upper-Division Major Electives (6-8 units)*

Choose any additional 300 or 400 level KINE course or one of the following:

BIOL 367	4
BIOL 376	3
PSYC 330	3
PSYC 336	3
SOC 314	4
SOC 316	4

Department Chair:

Jeff Nessler, Ph.D.

Faculty:

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Programs Offered:

- Bachelor of Science in Kinesiology, Options in:

- Movement Science
- Health Science

Kinesiology, the study of human movement, integrates the biological, physical, behavioral and social sciences in the study of physical activity and sport, and their effect on fitness and quality of life of people across the lifespan. The Kinesiology program at California State University San Marcos is a comprehensive program of study offered in support of the Surgeon General's "Call to Action to Prevent and Decrease Overweight and Obesity," and Healthy People 2020.

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2. Apply Kinesiology related skills to empirical research, internships, field experience, and/or service learning.
3. Evaluate movement science questions through 1) the performance of health, fitness, and movement assessment, 2) the acquisition, analysis, and interpretation of original data, and 3) the procurement, appraisal, and application of information from current research literature.
4. Utilize oral and written communication that meets appropriate professional and scientific standards in Kinesiology.
5. Model professional and personal growth including 1) advocacy for a healthy, active lifestyle, 2) promotion of professional ethics and service to others, 3) shared responsibility and successful collaboration with peers, and 4) pursuit of learning beyond CSUSM.

Career and Educational Opportunities

The Bachelor of Science in Kinesiology is intended to prepare students for careers in areas such as physical education, exercise physiology, rehabilitation, athletic training, corporate wellness, coaching, wellness coaching, and personal training. With an emphasis on rehabilitation and chronic disease, the major is also excellent preparation for those wishing to pursue advanced degrees in physical education, kinesiology, medicine, physical/occupational therapy, nursing, public health, and more.

OPTION IN Movement Science

Option Requirements

General Education*	51
Preparation for the Major*	29
Major Requirements	43-45

Students must take sufficient elective units to bring the total number of units to a minimum of 120.

*Sixteen (16) units of lower-division General Education units in Area B (Mathematics and Science), D (Social Sciences), and E (Lifelong Learning and Information Literacy) are automatically satisfied by courses taken in the Preparation for the Major and Major Requirements.

Preparation for the Major

(29 Units)

BIOL 104	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L* OR, CHEM 150* & 150L*	5
KINE 200	1
KINE 201	1
KINE 202	3
MATH 125*	4
PSYC 100*	3

Major Requirements

(43-45 Units)

Upper-Division Core Requirements (26 units)

KINE 301	4
KINE 303	3
KINE 305	4
KINE 311	4
KINE 326	4
KINE 425	4
KINE 495	3

Upper-Division Breadth (9 units)*

Select one course from each of the following groups:

Diverse Populations

KINE 304	3
KINE 426	3
KINE 427	3

Nutritional Science

KINE 336	3
KINE 415	3

Allied Health

KINE 302	3
KINE 404	3
KINE 426	3

Advanced Study (3-4 units)

Select one additional course from the following:

KINE 404

KINE 406

KINE 426

KINE 427

Any 500 level Kinesiology course

Major Electives (5-6 Units)

Choose 5-6 units from the following:

Any additional 300, 400, or 500 level KINE course(s). OR,

Other course(s) approved by advisor. Courses required as pre-requisites for graduate school can be taken to fulfill this requirement.

OPTION IN HEALTH SCIENCE

Option Requirements

General Education*	51
Preparation for the Major*	25
Major Requirements	46-48

Students must take sufficient elective units to bring the total number of units to a minimum of 120.

*Twelve to fifteen (12-15) units of lower-division General Education units in Area B (Mathematics and Science), D (Social Sciences), and E (Lifelong Learning and Information Literacy) are automatically satisfied by courses taken in the Preparation for the Major and Major Requirements.

Preparation for the Major

(25 Units)

BIOL 104 or BIOL 160	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L*, OR, CHEM 150* & 150L*	5
KINE 200	1
KINE 201	1
KINE 202	3
PSYC 100*	3

Major Requirements

(41-42 Units)

Health Science Core Courses (34 Units)

KINE 301	4
KINE 303	3
KINE 305	4
KINE 311	4
KINE 316	3
KINE 326	4
KINE 404	3
KINE 405	3
KINE 407	3
KINE 495	3

Health Science Breadth (9-10 units)

Select one course from each of the following groups:

Diverse Populations

KINE 304	3
KINE 426	3
KINE 427	3

Nutritional Science

KINE 336	3
KINE 415	3

Comparative Health

HD 350	3
SOC 314	4
KINE 310*	3

Advanced Study (3-4 units)

Select one additional course from the following:

KINE 404

KINE 406

KINE 426

KINE 427

Any 500 level Kinesiology course

Kinesiology (B.S.) Option in Movement Science

(PAGE 1 of 3)

Student Name: _____ ID# _____ Grad Term: _____

- It is highly recommended that you meet with an advisor or attend a workshop at least once a year.
- All non-articulated course substitutions MUST be approved by a faculty member.
- All courses used for the major must be completed with a grade of C (2.0) or better.
- A minimum of 18 units of upper division course work in Kinesiology must be completed at CSUSM.
- Nine units of lower-division General Education units in Area B (Mathematics & Sciences) and D (Social Sciences) are automatically satisfied by courses taken in the Pre-Kinesiology core and Preparation for the Major.

PRE-KINESIOLOGY CORE (15 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
BIOL 104 - Principles of Biology: Human Emphasis	4							
BIOL 177 - Intro to Human Anatomy & Phys for KINE I	4							
BIOL 178 - Intro to Human Anatomy & Phys for KINE II (Prerequisite: BIOL 177)	4							
KINE 202 - Introduction to Kinesiology	3							

PREPARATORY COURSES (18 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
CHEM 105 - Organic and Biochemistry for Life OR, CHEM 150 - General Chemistry	4							
CHEM 105L - Organic and Biochemistry for Life Lab OR, CHEM 150L - General Chemistry Lab	1							
MATH 125 - Pre-Calculus or MATH 160 Calculus (satisfies B4 Math)	4							
PHYS 101 (prerequisite: B4 Math) or PHYS 205 (prerequisite: MATH 160)	4							
KINE 200 - First Aid and Safety	1							
KINE 201 - CPR and AED	1							
PSYC 100 - Introduction to Psychology	3							

MOVEMENT SCIENCE CORE (26 UNITS)

*Must apply and be admitted into the Kinesiology major to enroll

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
KINE 301 - Motor Control & Learning with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 303 - Statistics and Research Methods (Prerequisite: B4 Math requirement)	3							
KINE 305 - Movement Anatomy with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 311 - Movement Pedagogy with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							

Kinesiology (B.S.) Option in Movement Science

(PAGE 2 of 3)

Student Name: _____ ID# _____

Grad Term: _____

MOVEMENT SCIENCE CORE (CONTINUED)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
KINE 326 - Introductory Exercise Physiology with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 425 - Biomechanics of Human Movement with Lab (Pre/co-requisite: KINE 303 or 403, Prerequisites: MATH 125 or 160, and PHYS 101 or 205)	4							
KINE 495 - Internship in Kinesiology (Prerequisites: applied for graduation, taken in last semester of program)	3							

MOVEMENT SCIENCE BREADTH (9 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
Diverse Populations (select one course)								
KINE 304 - Adapted Physical Education (Prerequisite: KINE 202)	3							
KINE 426 - Exercise Physiology and Special Populations (Prerequisite KINE 326)								
KINE 427 - Healthy Aging (Prerequisite KINE 326)								
Nutritional Science (select one course)								
KINE 336 - Nutrition for Health and Exercise Performance (Prerequisites: BIOL 177, 178)	3							
KINE 415 - Eating Disorders and Weight Control in Athletes (Prerequisites: BIOL 177, 178)								
Allied Health (select one course)								
KINE 302 - Care and Prevention of Athletic Injuries (Prerequisites: BIOL 177, 178)	3							
KINE 406 - Stress Testing and Exercise Prescription (Prerequisite: KINE 326)								
KINE 404 - Introduction to Epidemiology (Prerequisite: KINE 303 or 403)								

ADVANCED STUDY (3-4 UNITS)

- Choose 3-4 units from KINE 404, 406, 426, 427, or any 500 level KINE course

MAJOR ELECTIVES (5-6 UNITS)*

- Choose 5-6 units from the following:

Any additional 300, 400, or 500-level KINE course(s) (except KINE 306). OR,

Other course(s) approved by faculty advisor that support the major. Courses required as prerequisites for graduate school can be taken to fulfill this requirement with faculty advisor approval.

For students planning to apply to a Professional school, the following courses are recommended (students should always consult the graduate schools to which they are applying): CHEM 150/150L General Chemistry I (5), CHEM 160 General Chemistry II (3), PHYS 102 or PHYS 206 Physics (4), PSYC 336 Abnormal Psychology (3).

Students not planning to apply to professional school might consider the following courses: KINE 310 Social and Emotional Health (3), KINE 316 Physiology of Stress Management (3), KINE 318 Sports, Games, and Culture (3), KINE 405 Health and Drug Education (3), and KINE 407 Principles of Health Promotion and Education (3).

Kinesiology (B.S.) Option in Health Science

(PAGE 1 of 2)

Student Name: _____ ID# _____ Grad Term: _____

- It is highly recommended that you meet with an advisor or attend a workshop at least once a year.
- All non-articulated course substitutions MUST be approved by a faculty member.
- All courses used for the major must be completed with a grade of C (2.0) or better.
- A minimum of 18 units of upper division course work in Kinesiology must be completed at CSUSM.
- Nine units of lower-division General Education units in Area B (Mathematics & Sciences) and D (Social Sciences) are automatically satisfied by courses taken in the Pre-Kinesiology core and Preparation for the Major.

PRE-KINESIOLOGY CORE (15 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
BIOL 104 - Principles of Biology: Human Emphasis	4							
BIOL 177 - Intro to Human Anatomy & Phys for KINE I	4							
BIOL 178 - Intro to Human Anatomy & Phys for KINE II (Prerequisite: BIOL 177)	4							
KINE 202 - Introduction to Kinesiology	3							

SUPPORTING PREPARATION COURSES (10 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
CHEM 105 - Organic and Biochemistry for Life OR, CHEM 150 - General Chemistry	4							
CHEM 105L - Organic and Biochemistry for Life Lab OR, CHEM 150L - General Chemistry Lab	1							
KINE 200 - First Aid and Safety	1							
KINE 201 - CPR and AED	1							
PSYC 100 - Introduction to Psychology	3							

HEALTH SCIENCE CORE (34 UNITS)

*Must apply and be admitted into the Kinesiology major to enroll

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
KINE 301 - Motor Control & Learning with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 303 - Statistics and Research Methods (Prerequisite: B4 Math requirement)	3							
KINE 305 - Movement Anatomy with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 311 - Movement Pedagogy with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 316 - Stress Management	3							

Kinesiology (B.S.) Option in Health Science

(PAGE 2 of 2)

Student Name: _____ ID# _____ Grad Term: _____

HEALTH SCIENCE CORE (CONTINUED)

*Must apply and be admitted into the Kinesiology major to enroll

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
KINE 326 - Introductory Exercise Physiology with Lab (Prerequisites: BIOL 177, 178, Pre/co-requisite: KINE 303 or 403)	4							
KINE 404 - Introduction to Epidemiology (Prerequisite: KINE 303 or 403)	3							
KINE 405 - Health & Drug Education (Prerequisite: PSYC 100)	3							
KINE 407 - Principles of Health Promotion and Education	3							
KINE 495 - Internship in Kinesiology (Prerequisites: applied for graduation, taken in last semester of program)	3							

HEALTH SCIENCE BREADTH (9 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
Diverse Populations (select one course)								
KINE 304 - Adapted Physical Education (Prerequisite: KINE 202)	3							
KINE 426 - Exercise Physiology and Special Populations (Prerequisite KINE 326)								
KINE 427 - Healthy Aging (Prerequisite KINE 326)								
Nutritional Sciences (select one course)								
KINE 336 - Nutrition for Health and Exercise Performance (Prerequisites: BIOL 177, 178)	3							
KINE 415 - Eating Disorders and Weight Control in Athletes (Prerequisites: BIOL 177, 178)								
Comparative Health (select one course)								
HD 350 - Health and Human Development SOC 314 - Health and Society KINE 310 - Social and Emotional Health	3							

ADVANCED STUDY (3-4 UNITS)

➤ Choose 3-4 units from KINE 406, 425, 426, 427, or any 500 level KINE course

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met

Date _____	Advisor Signature _____
Grade Update: _____	(2) Date: _____ (3) Date: _____