

KINESIOLOGY**Office:**

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Programs Offered:

- Bachelor of Science in Kinesiology, Options in:
 - Physical Education
 - Applied Exercise Science
 - Health Science
 - Pre-Physical Therapy

Kinesiology, the science of movement, integrates the biological, physical, behavioral and social sciences in the study of physical activity and sport, and their effect on the 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 2010.

Student Learning Outcomes

Students who graduate with a Bachelor of Science in Kinesiology will

1. Master operation of various analytic and measurement tools in the laboratory;
2. Comprehend and apply fundamental content in Exercise Physiology;
3. Appreciate the breadth and history of Kinesiology;
4. Apply appropriate technology to support inquiry and professional practice;
5. Apply principles of exercise prescription to various populations;
6. Analyze motor skills in acquisition and execution of movement patterns;
7. Identify and evaluate strategies for pre-, during, and post-exercise nutrition based on individual needs;
8. Explain the relationship between diet and health for promoting healthy living;
9. Identify and apply proper care of athletic injuries;
10. Apply appropriate statistical and measurement-related techniques in Kinesiology;

11. Apply and evaluate topics pertaining to gender- and age-related physiology; and
12. Apply their knowledge of Kinesiology in the required community service learning experience.

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, physical therapy, athletic training, corporate wellness, cardiac rehabilitation, coaching, wellness coaching, and personal training. With an emphasis on the study of movement, exercise physiology, nutrition, and health, the major is also excellent preparation for those wishing to pursue advanced degrees in physical education, kinesiology, exercise science, sports medicine, physical therapy and rehabilitation, nursing, public health, and more.

Advising

Students should consult the Kinesiology Advisor regarding the appropriate sequencing of courses and selection of electives to advance their career and educational objectives.

Special Conditions for the Bachelor of Science in Kinesiology

All courses counted toward major requirements, including Preparation for the Major courses, must be completed with a grade of C (2.0) or better. A minimum of eighteen (18) units of upper-division course work counted toward the Kinesiology degree must be completed at California State University San Marcos.

**BACHELOR OF SCIENCE IN
KINESIOLOGY**

Physical Education Option

	Units
General Education*	51
Preparation for the Major*	26
Major Requirements	49

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

*Nine (9) units of lower-division General Education units in Area B (Mathematics and Science) and D (Social Sciences) are automatically satisfied by courses taken in Preparation for the Major and Major Requirements.

Preparation for the Major

(26 Units)

	Units
BIOL 104	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L*	5
KINE 202	3
KINE 204	3
PSYC 100*	3

Major Requirements

(49 Units)

Upper-division Core Courses (22)	
KINE 301	3
KINE 304	3
KINE 305	3
KINE 306*	3
KINE 326	4
KINE 336	3
KINE 403	3

Upper-division Pedagogy Courses (18)

KINE 307	3
KINE 308	3
KINE 309	3
KINE 400	3
KINE 401	3
KINE 402	3

Upper-division Education Requirements (9)

EDUC 350	3
EDUC 364	3
EDUC 422	3

Option in Applied Exercise Science

This option prepares students to meet academic requirements needed for enrollment into postgraduate programs (MS) in Exercise Science/Physiology/Human Performance, and potentially Occupational Therapy or Nutrition/Dietetics, or to pursue careers in personal training, strength and conditioning, corporate wellness, or the fitness industry after graduation. However, students wishing to meet all requirements for entry into specific graduate programs should meet with the Kinesiology Undergraduate Advisor and/or faculty, and contact potential graduate schools to obtain exact entry requirements.

Option Requirements

	Units
General Education*	51
Preparation for the Major*	32
Major Requirements	41-42

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

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

Preparation for the Major

(32 units)

	Units
BIOL 104	4
BIOL 175* or 177*	4
BIOL 176 or 178	4
CHEM 105* & 105L*	5
KINE 200	1
KINE 201	1
KINE 202	3
KINE 204	3
MATH 125*	4
PSYC 100*	3

Major Requirements

(41-42 units)

Upper-Division Core Requirements (38)

KINE 300	4
KINE 301	3
KINE 302	3
KINE 304	3
KINE 305	3
KINE 306*	3
KINE 326	4
KINE 336	3
KINE 403	3
KINE 406	3
KINE 426	3
KINE 495	3

Upper-Division Major Elective (3-4)

Choose any additional 300- 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

This option prepares students for professional service in health/fitness education and promotion, wellness coaching, health research, and community health advocacy and programming. Graduates will be skilled in promoting positive, personal behavior changes that have an impact on the health of individuals and their communities. Graduates will be well-prepared to pursue graduate programs in public health, kinesiology, and health science.

Option Requirements

	Units
General Education*	51
Preparation for the Major*	28
Major Requirements	41

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

**Nine (9) units of lower-division General Education units in Area B (Mathematics and Science) and D (Social Sciences), and E (Lifelong Learning) are automatically satisfied by courses taken in Preparation for the Major and Major Requirements.*

Preparation for the Major

(28 units)

	Units
BIOL 175 or 177*	4
BIOL 176 or 178*	4
BIOL 104 (4) or BIOL 160	4
CHEM 105* & 105L*	5
KINE 200	1
KINE 201	1
KINE 202	3
KINE 204	3
PSYC 100*	3

Major Requirements

(41 units)

Upper-Division Core Courses (35 units)

KINE 301	3
KINE 306*	3
KINE 316	3
KINE 326	4
KINE 336	3
KINE 403	3
KINE 404	3
KINE 405	3
KINE 407	3
SOC 314	4
KINE 495	3

Upper-division Major Electives (6)

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

This option prepares students to meet academic requirements needed for enrollment into postgraduate programs in physical therapy, and can be supplemented with additional coursework for such programs as pre-med and pre-dental. Upon graduation, students may obtain employment in a broad range of medical, commercial, and educational settings. However, students wishing to meet all requirements for entry into specific graduate programs in these careers should meet with Kinesiology faculty, and contact potential graduate schools to obtain exact entry requirements.

Option Requirements

General Education	51*
Preparation for the Major	45*
Major Requirements	32-34

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

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

Preparation for the Major

(45 units)

	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
KINE 204	3
MATH 125*	4
PHYS 101 or 205	4
PHYS 102 or 206	4
PSYC 100*	3

Major Requirements

(32-34 units)

	Units
Upper-Division Core (26)	
KINE 300	4
KINE 301	3
KINE 302	3
KINE 305	3
KINE 326	4
KINE 403	3
KINE 426	3
KINE 495	3

Upper-Division Major Electives (6-8)

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

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

