

# BS KINESIOLOGY

## Program Learning Objectives

1. Describe the relationship between physical activity participation, quality of life, acute and chronic disease prevention, diagnosis and treatment.
2. Evaluate the underlying scientific foundations of physical activity including human movement, physiology and metabolism.
3. Apply principles of quantitative and qualitative research to the study and practice of physical activity.
4. Explain the sociocultural dimensions of physical activity including diversity and inclusion in physical activity and health.
5. Apply principles of exercise prescription and the national physical activity guidelines to develop effective physical activity programs.
6. Demonstrate proficiency in critical thinking through written and oral communication.

## Degree Requirements and Curriculum

In addition to the program requirements listed on this page, students must also satisfy requirements outlined in more detail in the Minimum Requirements for Graduation section of this catalog, including:

- 60 units of upper-division courses
- Graduation Writing Requirement (GWR)
- 2.0 GPA
- U.S. Cultural Pluralism (USCP)

Note: Up to 4 units of credit/no credit grading may be selected for courses in Major, Support, or Concentration.

### MAJOR COURSES

KINE 180	Orientation to Kinesiology	2
HLTH 250	Healthy Living (E) <sup>1</sup>	4
or HLTH 255	Personal Health: A Multicultural Approach	
or HLTH 260	Women's Health Issues	
KINE 266	Sport and Exercise Psychology	4
KINE 301	Functional Anatomy	3
KINE 303	Physiology of Exercise	4
KINE 304	Pathophysiology and Exercise	3
KINE 307	Adapted Physical Activity	4
KINE 312	Motor Learning and Control	4
KINE 319	Introduction to Research Methods in Kinesiology	4
KINE 349	Exercise Testing and Prescription for Healthy Populations	4
KINE 401	Managing Exercise, Health, and Sport Programs	3
KINE 403	Biomechanics	4
KINE 412	Physical Activity and Public Health	3
KINE 451	Nutrition for Fitness and Sport	4
KINE 459	Personal and Group Fitness Instruction	3
KINE 460	Experiential Senior Project	1

- or KINE 461 Senior Project Report
- or KINE 462 Research Honors Senior Project
- or KINE 463 Exercise Science and Health Promotion Fieldwork

### Approved Electives <sup>2</sup>

Select from the following: 8

BIO 162	Introduction to Organismal Form and Function
BIO 253	Health Professions Shadowing
BIO 305	Biology of Cancer
CHEM 129	General Chemistry for Agriculture and Life Science III
CHEM 217 & CHEM 220	Organic Chemistry II and Organic Chemistry Laboratory For Life Sciences II
CHEM 314	Biochemistry: Fundamentals and Applications
COMS 211	Interpersonal Communication
COMS 213	Organizational Communication
COMS 301	Business and Professional Communication
COMS 313	Qualitative Research Methods in Communication Studies
COMS 316	Intercultural Communication
FSN 310	Maternal and Child Nutrition
FSN 315	Nutrition in Aging
FSN 415	Nutrition Education and Communications
FSN 416	Community Nutrition
HLTH 297	Medical Terminology
HLTH 305	Drugs in Society
HLTH 320	Media and Technology in Health Promotion
IME 320	Human Factors and Technology
KINE 181	Responding to Emergencies: Comprehensive First Aid, CPR, AED
KINE 201	Introductory Undergraduate Research <sup>3</sup>
KINE 308	Motor Development
KINE 323	Sport and Gender
KINE 382	Psychological Aspects of Injury in Sport and Physical Activity
KINE 400	Special Problems for Advanced Undergraduates <sup>3</sup>
KINE 406	Neuroanatomy
KINE 409	Interdisciplinary Study in Biomechanics
KINE 446	Echocardiography
PHYS 122	College Physics II
PHYS 123	College Physics III
PSY 201	General Psychology
or PSY 202	General Psychology
PSY 252	Social Psychology
PSY 256	Developmental Psychology
PSY 302	Behavior in Organizations

PSY 310	Psychology of Death	
PSY 318	Psychology of Aging	
PSY 320	Health Psychology	
PSY 340	Biopsychology	
PSY 350	Teamwork	
RPTA 160	Introduction to Sport Management	
RPTA 255	Leadership and Diverse Groups	
RPTA 275	Facilitation and Teambuilding	
RPTA 450	Resource and Grant Development	
Select one concentration <sup>4</sup>		18
<b>SUPPORT COURSES</b>		
BIO 161	Introduction to Cell and Molecular Biology (B2 & B3) <sup>1</sup>	4
BIO 231	Human Anatomy and Physiology I	5
BIO 232	Human Anatomy and Physiology II	5
CHEM 127	General Chemistry for Agriculture and Life Science I (B1) <sup>1</sup>	4
CHEM 128	General Chemistry for Agriculture and Life Science II	4
CHEM 312	Organic Chemistry: Fundamentals and Applications	5
or CHEM 216	Organic Chemistry I	
MATH 119	Precalculus Trigonometry (B4) <sup>1</sup>	4
or MATH 141	Calculus I	
PHYS 121	College Physics I	4
STAT 218	Applied Statistics for the Life Sciences (GE Electives) <sup>1</sup>	4
<b>GENERAL EDUCATION (GE)</b>		
(See GE program requirements below.)		52
<b>FREE ELECTIVES</b>		
Free Electives <sup>5</sup>		9
<b>Total units</b>		<b>180</b>

<sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.

<sup>2</sup> If a course is taken to meet a Concentration requirement, it cannot be double-counted as an Approved Elective.

<sup>3</sup> Maximum of 4 units may be applied toward Approved Electives from: KINE 201, KINE 400.

<sup>4</sup> Students may have to complete additional coursework to satisfy admission requirements for graduate or professional degree programs in the allied health professions. Students interested in these programs should consult their academic advisor or visit the College of Science and Mathematics Advising Office for more information.

<sup>5</sup> If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

## Concentrations

Students may select one of the following concentrations.

- Exercise Science (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bskinesiology/exercisescienceconcentration/>)

- Health Promotion (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bskinesiology/healthpromotionconcentration/>)
- Sport Science (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bskinesiology/sportscienceconcentration/>)

## General Education (GE) Requirements

- 72 units required, 20 of which are specified in Major and/or Support.
- If any of the remaining 52 units is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.
- See the complete GE course listing (<https://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationtext>).
- A grade of C- or better is required in one course in each of the following GE Areas: A1 (Oral Communication), A2 (Written Communication), A3 (Critical Thinking), and B4 (Mathematics/Quantitative Reasoning).

<b>Area A</b>	<b>English Language Communication and Critical Thinking</b>	
A1	Oral Communication	4
A2	Written Communication	4
A3	Critical Thinking	4
<b>Area B</b>	<b>Scientific Inquiry and Quantitative Reasoning</b>	
B1	Physical Science (4 units in Support) <sup>1</sup>	0
B2	Life Science (4 units in Support) <sup>1</sup>	0
B3	One lab taken with either a B1 or B2 course	
B4	Mathematics/Quantitative Reasoning (4 units in Support) <sup>1</sup>	0
Upper-Division B		4
<b>Area C</b>	<b>Arts and Humanities</b>	
Lower-division courses in Area C must come from three different subject prefixes.		
C1	Arts: Arts, Cinema, Dance, Music, Theater	4
C2	Humanities: Literature, Philosophy, Languages other than English <sup>2</sup>	4
Lower-Division C Elective - Select a course from either C1 or C2		4
Upper-Division C		4
<b>Area D</b>	<b>Social Sciences - Select courses in Area D from at least two different prefixes</b>	
D1	American Institutions (Title 5, Section 40404 Requirement)	4
D2	Lower-Division D	4
Upper-Division D		4
<b>Area E</b>	<b>Lifelong Learning and Self-Development</b>	
Lower-Division E (4 units in Major) <sup>1</sup>		0
<b>Area F</b>	<b>Ethnic Studies</b>	
F	Ethnic Studies	4

**GE Electives in Areas B, C, and D**

Select courses from two different areas; may be lower-division or upper-division courses.

GE Electives (4 units in Support plus 4 units in GE) <sup>1</sup>	4
<b>Total units</b>	<b>52</b>

<sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.

<sup>2</sup> It is recommended that students pursuing the Sport Science concentration take PHIL 230 or PHIL 231 to fulfill GE Area C2.