

EXERCISE AND SPORT STUDIES MINOR

Offered at: San Luis Obispo Campus

Students who complete the minor in exercise and sport studies are prepared for positions in community sport organizations at the recreational, club or professional levels, sport training camps, and coaching at the youth, interscholastic, or university levels. They will also be prepared to take the California Subject Examination (CSET) for physical education to enter a single subject credential program to teach physical education. Students who complete this minor could also explore other fitness and sport career options or pursue graduate degrees in sport psychology, sport management, recreation, coaching and student athlete development, and athletic administration. Not open to Kinesiology Majors.

Program Learning Objectives

1. Explain and define philosophical and ethical issues impacting coaches and personal trainers working in organized sport programs.
2. Explain factors that are consistent with creating physically, socially and emotionally safe sporting environments.
3. Develop appropriate risk management and injury prevention plans for a variety of sport settings.
4. Outline developmentally and physically appropriate strategies for conditioning and training athletes.
5. Implement appropriate psychological skills training programs for athletes at all levels of organized sport.
6. Define and demonstrate effective leadership, mentoring and team building skills.
7. Outline factors that contribute to the creation of inclusive exercise and sport environments for all participants.
8. Articulate a plan for on#going personal and professional development.

Minor Requirements and Curriculum

The minor must be completed prior to, or at the same time as, the requirements for the bachelor's degree. A major and a minor may not be taken in the same degree program, and a minor is not required for a degree. Requirements for the minor include:

- At least half of the units must be from upper-division courses (3000-4000 level).
- At least half of the units must be taken at Cal Poly (in residence).
- No more than one-third of the units will be taken with credit-no credit grading (CR/NC), not counting courses with mandatory CR/NC. Departments may further limit CR/NC grading if desired.
- A minimum 2.0 GPA is required in all units counted for completion of the minor.

Code	Title	Units
REQUIRED COURSES		
KINE 2240	Introduction to Principles of Exercise, Fitness, and Sport	3
KINE 2266	Sport and Performance Psychology	3
KINE 3323	Sport and Gender	3
or KINE 3324	Sports, Media, and United States Popular Culture	
KINE 3325	Sport and Physical Activity Throughout Civilizations	3
KINE 4401	Leadership in Health and Physical Activity Programs	3
Approved Electives		
Select from the following:		6
COMS 3387	Sports Communication	
EIM 2260	Community Relations and Sports-Based Youth Development	
EIM 3323	Sport Marketing and the Fan Experience	
FSN 3305	Nutrition and Exercise for Health and Disease Prevention	
HLTH 1155	Multicultural Perspectives and Health	
or HLTH 1160	Women's Health and Society	
KINE 2278	Introduction to Athletic Training	
KINE 3307	Adapted Physical Activity	
KINE 3312	Motor Learning	
KINE 3330	Group Exercise and Personal Training	
KINE 3366	Applied Sport and Performance Psychology	
KINE 3378	Prevention and Care of Athletic Injuries	
KINE 3382	Psychological Aspects of Injury in Sport and Physical Activity	
PSY 3350	Teamwork	

PSY 4405

Adult Mental Health and Psychopathology

Total Units**21**