

KINESIOLOGY AND PUBLIC HEALTH

<https://kinesiology.calpoly.edu>
<https://healthresearch.calpoly.edu>

The Department of Kinesiology and Public Health offers undergraduate programs leading to the BS in Kinesiology, the BS in Public Health, and the minor in Exercise and Sport Studies. The department also contributes to the education of all students by providing general education courses in health and wellbeing, sport sociology, psychology of injury, and elective courses in first aid/CRP/AED; physical activity, sport and fitness; and support courses for students intending to pursue careers in K-8 teaching. The programs are designed to meet the mission of preparing students to promote physical activity and health for all and to make an impact in the fields of exercise science, disease prevention and treatment, physical activity and sport, and public health.

The Department of Kinesiology and Public Health is home to the Center for Health Research. Initiated in 2007, the Center for Health Research is a university-wide, multidisciplinary, research center that provides students with unique opportunities to engage in research, community outreach and programs to improve health outcomes.

The Kinesiology and Recreation Center building complex provides laboratory, research and office space for the Department of Kinesiology and Public Health and provides access to quality physical activity and sport facilities for students, faculty and staff.

Undergraduate Programs

- Kinesiology (BS) (<https://catalog.calpoly.edu/science-mathematics/kinesiology-public-health/kinesiology-bs/>)
- Public Health (BS) (<https://catalog.calpoly.edu/science-mathematics/kinesiology-public-health/public-health-bs/>)

Undergraduate Minors

- Exercise and Sport Studies Minor (<https://catalog.calpoly.edu/science-mathematics/kinesiology-public-health/exercise-sport-studies-minor/>)

HLTH Courses

HLTH 1101 Introduction to Public Health (3 units)

Term Typically Offered: F, SP

Introduction to the public health discipline with an emphasis on the core functions and essential services. Public health definitions, history, achievements, philosophy, workforce, and infrastructure. Orientation to the Department of Kinesiology and Public Health, faculty, and campus resources. Field trip may be required. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Formerly HLTH 101.

HLTH 1150 Healthy Living in the Modern World (3 units)

Term Typically Offered: TBD

Personal health with emphasis on healthful behavioral practices. Psychosocial well-being, substance use, violence and injury, sexual health, infectious and non-infectious diseases, the United States health care system, and environmental health. Not open to students with credit in HLTH 255 or HLTH 1155. Course may be offered in classroom-based or online format. 3 lectures.

HLTH 1155 Multicultural Perspectives and Health (3 units)

Term Typically Offered: F, SP

2026-28 or later catalog: GE Area 4B

2020-26 catalogs: GE Area D2

USCP

Societal health with an emphasis on multi-cultural perspectives and practices that impact health in the United States. Examines how societal structures, cultural traditions, and health-related practice from both biomedical and traditional perspectives shape health behaviors and broader societal outcomes in the United States. Not open to students with credit in HLTH 250 or HLTH 1150. Course may be offered in a classroom-based or online format. 3 lectures. Fulfills GE Area 4B (GE Area D2 for students on the 2020-26 catalogs); and USCP.

HLTH 1160 Women's Health and Society (3 units)

Term Typically Offered: F, SP
2026-28 or later catalog: GE Area 4B
2020-26 catalogs: GE Area D2
USCP

Examination of women's health through the lens of social and behavioral sciences, emphasizing how societal structures, cultural norms, and public policies impact health outcomes. Analysis of disparities and systemic inequities in healthcare access, reproductive rights, and mental health, particularly among marginalized populations, including LGBTQ+ individuals and women of color. Course may be offered in classroom-based or online format. 3 lectures. Fulfills GE Area 4B (GE Area D2 for students on the 2020-26 catalogs); and USCP.

HLTH 2200 Special Problems for Undergraduates (1-2 units)

Term Typically Offered: F, SP
Prerequisite: Consent of instructor.

Individual investigation, research, studies, or surveys of special problems. Repeatable up to 4 units. Crosslisted as HLTH/KINE 2200. Formerly HLTH/KINE 201.

HLTH 2261 Social Determinants of Health (3 units)

Term Typically Offered: F, SP
2026-28 or later catalog: GE Area 4B
2020-26 catalogs: GE Area D2

Overview of key concepts linking socioeconomic, political, and structural factors to health and health equity. Health inequities: the roles of history, segregation, marginalization, oppression, stress, social capital, and community empowerment. Policy- and community-based solutions. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Area 4B (GE Area D2 for students on the 2020-26 catalogs).

HLTH 2270 Special Topics (1-3 units)

Term Typically Offered: TBD
Prerequisite: Consent of instructor.

Directed group study of special topics. The Class Schedule will list topic selected. Repeatable up to 4 units. Course may be offered in classroom-based, online, or hybrid format. 1 to 3 lectures. Crosslisted as HLTH/KINE 2270. Formerly HLTH/KINE 290.

HLTH 2281 Health Ambassadors (1 unit)

Term Typically Offered: F, SP
CR/NC

Introduction to health education and promotion strategies through participation in community-based mobile health activities and/or as assistants on faculty-led projects. Experiential and service learning. Field trip required. Repeatable up to 3 units. Credit/No Credit grading only. Course may be offered in classroom-based, online, or hybrid format. 1 activity. Formerly HLTH/KINE 281.

HLTH 2297 Medical Terminology (3 units)

Term Typically Offered: F, SP
Prerequisite: Completion of GE Area 5B (GE Area B2 for the 2020-26 catalogs).

Development of medical vocabulary used in health care occupations, through the study of root words, prefixes, suffixes, and case studies. Pronunciation, spelling, and use of medical terms and abbreviations related to diagnosis, clinical procedures, surgery, and anatomical and physiological systems. Course offered online only. 3 lectures. Formerly HLTH 297.

HLTH 3305 Drugs in Society (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

GWR

Prerequisite: Junior class standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Social, biological, and psychological factors of legal and illicit major drugs associated with therapeutic and recreational use and abuse in society. Drug use as a social problem, substance use disorder, how drugs work, social and health effects of drug use. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs); and GWR.

HLTH 3310 Injury Prevention (3 units)

Term Typically Offered: SP

Prerequisite: One of the following: HLTH 101, HLTH 1101, KINE 180, or KINE 1180; and HLTH 265 or HLTH 2261. Recommended: BIO 231 or BIO 2231; and BIO 232 or BIO 2232.

Injury prevention from a public health perspective. Examination of unintentional and intentional injuries in different populations. Theory and evidence-based approaches to injury prevention. Course may be offered in classroom-based or online format. 3 lectures. Formerly 310.

HLTH 3316 Environmental Health (3 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 101 or HLTH 1101; and HLTH 265 or HLTH 2261.

Examination of environmental health and the factors that impact it, such as policies and regulation, workplace environments, and individual factors. Particular emphasis on public health strategies and methods that identify and address environmental health issues. Course may be offered in classroom-based, online, or hybrid format. 3 lectures.

HLTH 3318 Applied Epidemiology (4 units)

Term Typically Offered: F, SP

Prerequisite: BIO 231 or BIO 2231; BIO 232 or BIO 2232; HLTH 265 or HLTH 2261; and STAT 218 or STAT 1110. Recommended: STAT 313 or STAT 3520; and one of the following: MCRO 221, MCRO 224, MCRO 2221, or MCRO 2224.

Introduction to application of epidemiologic principles and methods including surveillance, measures of the distribution and determinants of disease outcomes, epidemiologic study designs, systematic and random error, causal inference, and presentation and interpretation of epidemiologic data. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory. Formerly HLTH 318.

HLTH 3322 Public Health Policy and Advocacy (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Policy and advocacy approaches in public health settings. Emphasis on local, state, and federal policies and advocacy strategies that specifically affect health outcomes in the United States. Course may be offered classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs).

HLTH 3337 Early Fieldwork Experience (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Junior standing and consent of instructor.

Practical work experience in related activities of kinesiology or public health under qualified supervision. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 3337. Formerly HLTH/KINE 337.

HLTH 3344 Health Care Systems (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Overview of the United States health care system, historical evolution, challenges, and influence on public health outcomes. Identification of the role of government, assessment of the current system, and examination of health care reform. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs).

HLTH 3348 Public Health and Mental Health (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Public health perspective on common mental health disorders and their consequences. Mental health needs of specific populations. Evidence-based screening and prevention strategies to reduce population mental health problems and promote wellness. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs).

HLTH 4400 Special Problems for Advanced Undergraduates (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Junior standing and consent of instructor.

Individual investigations, research, studies, or surveys of selected problems. Repeatable up to 4 units. Crosslisted as HLTH/KINE 4400. Formerly HLTH/KINE 400.

HLTH 4402 Research Methods in Public Health Settings (4 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 318 or HLTH 3318; and one of the following: STAT 302, STAT 313, or STAT 3520.

Quantitative and qualitative research approaches and methods in public health settings, with particular emphasis on social and behavioral sciences. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory. Formerly HLTH 402.

HLTH 4410 Global Health (3 units)

Term Typically Offered: F, SP

Prerequisite: Junior standing; and one of the following: ANT 360, ANT 3360, HLTH 298, HLTH 318, HLTH 334, HLTH 3318, or HLTH 3344.

Overview of global health by applying social determinants of health to global health problems. Discussion of history of global health including the impact of colonization - past, present, and future. Emphasis on disparities, national and international policies, health systems, resource availability, and utilization. Course may be offered in classroom-based, online, or hybrid format. 2 lectures, 1 activity. Formerly HLTH 410.

HLTH 4413 Health Promotion for Special Populations (3 units)

Term Typically Offered: F

Prerequisite: Junior standing; and completion of lower-division courses in GE Area 4 (GE Areas D1 and D2 for the 2020-26 catalogs). Recommended: HLTH 434 or HLTH 4434.

Advanced examination of determinants of health disparities and evidence-based strategies for health promotion in one special population (e.g., infants and children, pregnant women, older adults, LGBTQIA, refugees). Special population of focus will be examined from a health equity perspective and in global context. The Class Schedule will list subtitle selected. Repeatable up to 6 units. 3 lectures.

HLTH 4434 Health Promotion Program Planning (4 units)

Term Typically Offered: F, SP

Prerequisite: One of the following: HLTH 318, HLTH 3318, KINE 319, or KINE 3319.

Application of methods to facilitate behavior change to promote health and prevent morbidity and mortality. Theories and concepts affecting health behavior, motivation, and decision making. Development of program planning skills in health education and promotion. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory. Formerly HLTH 434.

HLTH 4435 Health Promotion Program Implementation and Evaluation (3 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 434 or HLTH 4434.

Implementation and evaluation of health promotion programs in school, community, medical, public health, worksite, and college/university settings. Planning the intervention design, implementation and evaluation protocols including process, impact and outcome assessments. Course may be offered in classroom-based, online, or hybrid format. 2 lectures, 1 laboratory. Formerly HLTH 435.

HLTH 4444 Comparative Health Care Systems (3 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 3344.

The major models for providing and financing health care used globally, their historical development, societal values, and other factors underlying countries' choice of healthcare systems and policies. Course may be offered in classroom-based, online, or hybrid format. 3 lectures.

HLTH 4453 Obesity Prevention and Treatment (3 units)

Term Typically Offered: TBD

Prerequisite: One of the following: FSN 210, FSN 2202, KINE 451, or KINE 4451; and one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319. Recommended: HLTH 434 or HLTH 4434.

Overview of research on the causes and consequences of obesity with consideration of weight bias. Evidence-based prevention and treatment interventions. Emphasis on skills for promoting healthy eating, activity, and weight in multidisciplinary health promotion and public health settings. Course may be offered in classroom-based, online, or hybrid format. 2 lectures, 1 activity. Formerly HLTH 453.

HLTH 4460 Senior Project - Experiential (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Applied and project-based culminating experience in public health under faculty supervision. Repeatable up to 2 units. Formerly HLTH 460.

HLTH 4461 Senior Project - Report (2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Comprehensive synthesis of professional literature from public health that integrates content from major courses resulting in a report. Topic must be approved by the instructor. Minimum 90 hours time commitment. Course may be offered in classroom-based, online, or hybrid format. 2 seminars. Formerly HLTH 461.

HLTH 4462 Senior Project - Research (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Completion of a research project. Results may be submitted for poster presentation or other public/professional forum. Repeatable up to 2 units. Formerly HLTH 462.

HLTH 4463 Senior Project - Internship (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 434, HLTH 4434, KINE 319, or KINE 3319; and consent of instructor.

Practical experience at an approved agency that provides health promotion or kinesiology programs. Students participate in program administration under the direct supervision of an approved on-site coordinator as a capstone experience. Repeatable up to 2 units. Credit/No Credit grading only. Formerly HLTH 463.

HLTH 4470 Special Advanced Topics (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of special topics for advanced students. The Class Schedule will list topic selected. Repeatable up to 4 units. Course may be offered in classroom-based, online, or hybrid format. 1 to 3 lectures. Crosslisted as HLTH/KINE 4470. Formerly HLTH/KINE 470.

HLTH 4471 Special Advanced Laboratory (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group laboratory study of special topics for advanced students. The Class Schedule will list topic selected. Repeatable up to 4 units. 1 to 3 laboratories. Crosslisted as HLTH/KINE 4471. Formerly HLTH/KINE 471.

HLTH 4485 Cooperative Education Experience (1-2 units)

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing and consent of instructor.

Work experience in business, industry, government, and other areas of student career interest. Positions are paid and may require relocation. Formal report and evaluation by work supervisor required. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 4485. Formerly KINE 485.

HLTH 4495 Cooperative Education Experience (1-2 units)

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing and consent of instructor.

Work experience in business, industry, government, and other areas of student career interest. Positions are paid and may require relocation. Formal report and evaluation by work supervisor required. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 4495. Formerly KINE 495.

KINE Courses**KINE 1108 Basketball (1 unit)**

Term Typically Offered: F, SP

CR/NC

Basic instruction in basketball skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 108.

KINE 1109 Bowling (1 unit)

Term Typically Offered: F, SP

CR/NC

Basic instruction in bowling skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 109.

KINE 1110 Cycling (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes while engaging in cycling in outdoor settings. Student must have own bicycle, helmet, and extra inner tube. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 110.

KINE 1112 Intermediate Bowling (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in bowling for continued skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 112.

KINE 1121 Golf (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in golf skill development, knowledge, and desirable attitudes toward physical activities. Enrollment is open to all students. Class meets off campus. Location to be announced. Additional fees required. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 121.

KINE 1122 Golf: Intermediate and Advanced (1 unit)

Term Typically Offered: F, SP
CR/NC

Prerequisite: KINE 121 or KINE 1121.

Basic instruction in golf for continued development of skill, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Class meets off campus. Location to be announced. Additional fees required. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 122.

KINE 1125 Jogging (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in jogging skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 125.

KINE 1128 Yoga (1 unit)

Term Typically Offered: F, SP
CR/NC

Focus on physical strength, flexibility, balance, endurance, and stability, and mental concentration, breathing, meditation, stress management, and relaxation aspects of yoga. Safe and effective techniques in poses and styles of yoga. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 128.

KINE 1130 Pilates (1 unit)

Term Typically Offered: F, SP
CR/NC

Practice of Pilates to improve fitness, flexibility, posture, balance, core strength, and endurance. Safe and effective training techniques are emphasized. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 130.

KINE 1131 Group Exercise: Cardio and Strength Training (1 unit)

Term Typically Offered: F, SP
CR/NC

Group exercise activities for improving cardiovascular fitness and muscular strength. Safe and effective techniques, principles, and guidelines in a variety of training modalities. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 131.

KINE 1132 Racquetball (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in racquetball skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 132.

KINE 1134 Pickleball (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Fundamental pickleball skills, knowledge, and strategy such that beginning to intermediate levels of play are attained. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 1134.

KINE 1139 Soccer (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes in soccer. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 139.

KINE 1140 Ultimate Disc (1 unit)

Term Typically Offered: F, SP
CR/NC

Introduction to Ultimate Disc including fundamental skills, rules of the game and desirable attitudes towards physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 140.

KINE 1141 Flag Football (1 unit)

Term Typically Offered: F, SP
CR/NC

Basic instruction in flag football skill development, knowledge, and desirable attitudes toward physical activity, such that beginning to intermediate levels of play are attained. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 1141.

KINE 1144 Beginning Swimming (1 unit)

Term Typically Offered: F, SP
CR/NC

Development of swimming strokes for adults to improve confidence and endurance as novice swimmers. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 144.

KINE 1145 Intermediate Swimming (1 unit)

Term Typically Offered: F, SP

CR/NC

Recommended: Ability to swim 50 yards non-stop.

Continuation of stroke refinement for adult swimmers who have basic beginning level swimming skills. Practice of swimming strokes and swimming drills for the enhancement of confidence and improvement of swimming effectiveness and endurance. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 145.

KINE 1147 Advanced Swimming and Conditioning (1 unit)

Term Typically Offered: F, SP

CR/NC

Lap swimming for advanced swimmers. Organized structured swim workouts with emphasis on increasing fitness. Participants should have ability to swim three of the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Students must be able to swim 100 yards non-stop using at least two competitive strokes. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 147.

KINE 1148 Tennis (1 unit)

Term Typically Offered: F, SP

CR/NC

Basic instruction in tennis skill development and knowledge. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 148.

KINE 1151 Volleyball (1 unit)

Term Typically Offered: F, SP

CR/NC

Basic instruction in volleyball skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 151.

KINE 1152 Beach Volleyball (1 unit)

Term Typically Offered: F, SP

CR/NC

Basic instruction in beach volleyball skill development, knowledge, and desirable attitudes while toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 152.

KINE 1154 Strength Training (1 unit)

Term Typically Offered: F, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes in a weight room/strength training setting. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 154.

KINE 1176 Fitness Walking (1 unit)

Term Typically Offered: F, SP

CR/NC

Basic instruction in fitness walking skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Repeatable up to 2 units. Credit/No Credit grading only. 1 activity. Formerly KINE 176.

KINE 1180 Introduction to Kinesiology (1 unit)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Kinesiology major.

Introduction to Kinesiology, sub-disciplines, physical activity history, guidelines, scholarly work and careers. Orientation to the department of Kinesiology and Public Health, faculty, and campus resources to facilitate student success. Credit/No Credit grading only. Course may be offered in classroom-based, online, or hybrid format. 1 activity. Formerly KINE 180.

KINE 1181 Responding to Emergencies: Comprehensive First Aid, CPR, AED (2 units)

Term Typically Offered: F, SP

CR/NC

An American Red Cross certification course designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Skills and knowledge necessary in the treatment of life-threatening emergencies, other injuries, and sudden illnesses. Red Cross First Aid/CPR/AED certifications issued upon successful completion of certification requirements. Credit/No Credit grading only. Course may be offered in classroom-based or hybrid format. 1 lecture, 1 activity. Formerly KINE 181.

KINE 2200 Special Problems for Undergraduates (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Consent of instructor.

Individual investigation, research, studies, or surveys of special problems. Repeatable up to 4 units. Crosslisted as HLTH/KINE 2200. Formerly HLTH/KINE 201.

KINE 2240 Introduction to Principles of Exercise, Fitness, and Sport (3 units)

Term Typically Offered: F

Prerequisite: Completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and one of the following: HLTH 250, HLTH 255, HLTH 260, HLTH 1150, HLTH 1155, or HLTH 1160. Recommended: MATH 119 or MATH 1007; and one of the following: PHYS 121, PHYS 141, PHYS 1121, or PHYS 1141.

Introduction to scientific basis of exercise and sport including concepts associated with health-related components of fitness. Course may be offered in classroom-based or hybrid format. 2 lectures, 1 laboratory. Formerly KINE 240.

KINE 2266 Sport and Performance Psychology (3 units)

Term Typically Offered: F, SP

Prerequisite: Completion of GE Area 1A with a grade of C- or better (GE Area A2 for the 2020-26 catalogs) and completion of GE Area 1C with a grade of C- or better (GE Area A1 for the 2020-26 catalogs). Recommended: Completion of GE Area 1B with a grade of C- or better (GE Area A3 for the 2020-26 catalogs); and PSY 201 or PSY 2201.

An introduction to the field of sport and performance psychology. Psychological theories and research related to topics such as motivation to participate in sport and exercise, exercise and psychological well-being, teamwork and leadership, aggression, anxiety, psychological response to athletic injuries, and exercise addiction. Course may be offered in classroom-based or online format. 3 lectures. Formerly KINE 266.

KINE 2270 Special Topics (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of special topics. The Class Schedule will list topic selected. Repeatable up to 4 units. Course may be offered in classroom-based, online, or hybrid format. 1 to 3 lectures. Crosslisted as HLTH/KINE 2270. Formerly HLTH/KINE 290.

KINE 2278 Introduction to Athletic Training (3 units)

Term Typically Offered: F

Prerequisite: One of the following: BIO 111, BIO 1111, BIO 161, or BIO 1151.

Basic mechanisms of common sports injuries and acute care of these injuries. Prevention, risk management, and basic healthcare administration for athletes. 2 lectures, 1 discussion.

KINE 3303 Physiology of Exercise (4 units)

Term Typically Offered: F, SP

Prerequisite: BIO 231 or BIO 2231; and one of the following: BIO 232, BIO 361, BIO 2232, or BIO 3352.

Acute and adaptive responses of the respiratory, cardiovascular, neuromuscular, endocrine, and metabolic systems to exercise. Application to fitness, athletic performance, healthy aging, disease mitigation, and environmental safety. Course may be offered in classroom-based or hybrid format. 3 lectures, 1 laboratory. Formerly KINE 303.

KINE 3307 Adapted Physical Activity (3 units)

Term Typically Offered: F, SP

Prerequisite: Completion of GE Area 5A (GE Area B1 for the 2020-26 catalogs) and completion of GE Area 5B (GE Area B2 for the 2020-26 catalogs).

Major categories of disabling conditions with implications for the development of physical activity programs for specific disabilities. Field trip required. 2 lectures, 1 laboratory. Crosslisted as HNRS/KINE 3307. Formerly KINE 307.

KINE 3310 Concepts and Applications in Elementary Physical Education (3 units)

Term Typically Offered: SP

Prerequisite: Junior standing.

Strategies for teaching physical motor skills in elementary grades K-6. Age-appropriate developmental activities, physical fitness, wellness, social development, cross-cultural understanding, and self-image. Field trip required. 2 lectures, 1 activity. Formerly KINE 310.

KINE 3312 Motor Learning (3 units)

Term Typically Offered: F, SP

Prerequisite: One of the following: STAT 217, STAT 218, or STAT 1110.

Analysis of factors that affect the acquisition of motor skills as related to the learning process and the learning environment. 3 lectures. Formerly KINE 312.

KINE 3319 Introduction to Research Methods in Kinesiology (4 units)

Term Typically Offered: F, SP

Prerequisite: One of the following: STAT 217, STAT 218, or STAT 1110.

Principles of reading and conducting research including contemporary research perspectives in kinesiology. Basic and applied research. Quantitative, qualitative, and mixed methods. 3 lectures, 1 laboratory. Course may be offered in classroom-based or hybrid format. Formerly KINE 319.

KINE 3323 Sport and Gender (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

GWR

USCP

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Intersections between sport and gender in American society. Identification and discussion of the historical, sociological, and psychological issues that affect the sport experiences of people of different genders, especially as they relate to class, race/ethnicity, sexuality, media, and political movements. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs); USCP; and GWR.

KINE 3324 Sports, Media, and United States Popular Culture (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

GWR

USCP

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Relationships between sports, media, and issues of class, race/ethnicity, gender, various forms of deviance, including values, violence, substance abuse, and other aspects of social life. Exploration of sociological manifestations and implications of how the aforementioned social issues are embedded in mediated forms of sports. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs); USCP, and GWR.

KINE 3325 Sport and Physical Activity Throughout Civilizations (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 3

2020-26 catalogs: Upper-Div GE Area C

GWR

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of GE Area 3B (GE Area C2 for the 2020-26 catalogs).

Current and historical trends in human movement from philosophical perspectives including Western and Eastern intellectual traditions. The effects of culture on the view of the human body and the understanding of the role of physical activity and sport in people's lives. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 3 (GE Area Upper-Division C for students on the 2020-26 catalogs); and GWR.

KINE 3330 Group Exercise and Personal Training (2 units)

Term Typically Offered: F, SP

Prerequisite: BIO 231 or BIO 2231.

Instructional competencies in the fundamental components of group exercise classes and individually tailored personal training programs. Instructional techniques, programming, professionalism, and leadership styles conducive to promoting health, fitness, and exercise adherence. Basic theory related to human anatomy, exercise physiology, training principles, and relevant American College of Sports Medicine (ACSM) guidelines are applied to cardio, resistance, and flexibility training. 1 lecture, 1 activities. Formerly KINE 459.

KINE 3337 Early Fieldwork Experience (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Junior standing and consent of instructor.

Practical work experience in related activities of kinesiology or public health under qualified supervision. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 3337. Formerly HLTH/KINE 337.

KINE 3349 Exercise Testing and Prescription (3 units)

Term Typically Offered: F, SP

Prerequisite: KINE 303 or KINE 3303.

Selected areas of health/fitness screening and evaluation. Application of components relevant to the development and administration of exercise programs for healthy persons regardless of sex, age, or functional capacity. 2 lectures, 1 laboratory. Formerly KINE 349.

KINE 3366 Applied Sport and Performance Psychology (3 units)

Term Typically Offered: SP

Prerequisite: One of the following: KINE 266, KINE 2266, PSY 201, or PSY 2201.

Psychological considerations of the coach-athlete relationship and mental preparation of teams and individuals for competition, practice, and performance. Application of sport psychology principles to develop a psychological skills training program appropriate to enhance performance and well-being in sport, exercise, or performance contexts. Course may be offered in classroom-based or hybrid format. 3 lectures. Formerly KINE 366.

KINE 3378 Prevention and Care of Athletic Injuries (3 units)

Term Typically Offered: SP

Prerequisite: KINE 2278; KINE 303 or KINE 3303; and Kinesiology major; or KINE 240 or KINE 2240; and KINE 2278 for all other majors.

Advanced principles of athletic care, therapeutic modalities, taping and bracing, identifying injuries, care and prevention of injuries. 2 lectures, 1 activity.

KINE 3382 Psychological Aspects of Injury in Sport and Physical Activity (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); completion of GE Area 5A (GE Area B1 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs). Recommended: KINE 266 or KINE 2266.

Psychosocial antecedents to injury in sport/exercise, factors in psychological experience and treatment of the injured individual. Psychological theories and applied considerations related to injury and rehabilitation. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs). Formerly KINE 382.

KINE 4400 Special Problems for Advanced Undergraduates (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Junior standing and consent of instructor.

Individual investigations, research, studies, or surveys of selected problems. Repeatable up to 4 units. Crosslisted as HLTH/KINE 4400. Formerly HLTH/KINE 400.

KINE 4401 Leadership in Health and Physical Activity Programs (3 units)

Term Typically Offered: F

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); and one of the following: HLTH 3344, KINE 266, or KINE 2266.

Leadership and management principles relevant to planning and operating programs in public, commercial, private and clinical exercise, health and sport settings with an emphasis on technological and ethical considerations. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Formerly KINE 401.

KINE 4403 Biomechanics (4 units)

Term Typically Offered: F, SP

Prerequisite: One of the following: BIO 231, BIO 411, BIO 2231, BIO 3333, or BIO 4431; PHYS 121 or PHYS 1121.

Fundamental biomechanical concepts and musculoskeletal functioning including examination of activities of daily living and performance settings. Examination of the effects of chronic and acute loading on the body. 3 lectures, 1 laboratory. Formerly KINE 403.

KINE 4404 Clinical Exercise Physiology (4 units)

Term Typically Offered: F, SP

Prerequisite: KINE 303 or KINE 3303. Recommended: KINE 445 or KINE 4445.

Selected human diseases and environmental and societal conditions which may adversely affect health or physical performance: their etiology, pathophysiology, signs and symptoms, diagnosis, and as affected by preventive or therapeutic exercise. Field trip required. 3 lectures, 1 laboratory. Formerly KINE 304.

KINE 4406 Motor Control (3 units)

Term Typically Offered: F, SP

Prerequisite: BIO 231 and BIO 232, or BIO 2231 and BIO 2232, or BIO 361 or BIO 3352.

Advanced motor control principles. Sensory motor coupling that govern the non-conscious regulation of posture, locomotion, reaching, and grasping. Central and peripheral nervous system development and functioning. Applications to motor learning and pathologies that lead to dysfunction. 3 lectures. Formerly KINE 406.

KINE 4408 Physical Activity and Aging (3 units)

Term Typically Offered: F

Prerequisite: One of the following: HLTH 250, HLTH 255, HLTH 260, HLTH 1150, HLTH 1155, HLTH 1160, or HLTH 2261; and one of the following: FSN 315, KINE 303, KINE 3303, NUTR 3315, PSY 318, or PSY 3318.

Special fitness, exercise, and health needs of older adults. Theories of aging and age-related changes. Health and physical activity programs for older adults. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Formerly KINE 408.

KINE 4409 Interdisciplinary Projects in Biomechanics (3 units)

Term Typically Offered: SP

Prerequisite: One of the following: BMED 410, BMED 3410, KINE 403, KINE 4403, ME 212, or ME 2212.

Examination of human motion biomechanics. Experimental and analytical methods in motion analysis. Rigid body dynamics. Protocols for protection of human subjects in research. Hypothesis-driven research. Interdisciplinary teams. Proposal development. Written/oral communication to a scientific audience. 1 lecture, 2 activities. Crosslisted as BMED/KINE/ME 4409. Formerly BMED/KINE/ME 409.

KINE 4412 Physical Activity and Public Health (3 units)

Term Typically Offered: F, SP

Prerequisite: One of the following: HLTH 318, HLTH 3318, KINE 319, or KINE 3319. Recommended: KINE 303 or KINE 3303.

Evaluation of scientific evidence supporting current physical activity guidelines for physical and mental well-being. Application of evidence-based strategies to promote physical activity at the individual, community, and policy levels. Course may be offered in classroom-based or online format. 3 lectures. Formerly KINE 412.

KINE 4445 Cardiopulmonary Physiology and Assessment (3 units)

Term Typically Offered: F

Prerequisite: KINE 303 or KINE 3303.

Cardiopulmonary physiology and methods of assessment of cardiopulmonary function including palpation, auscultation, phonocardiography, electrocardiography, and echocardiography. 2 lectures, 1 laboratory. Formerly KINE 445.

KINE 4448 Exercise Science Seminar (2 units)

Term Typically Offered: F

Prerequisite: KINE 303 or KINE 3303; and KINE 319 or KINE 3319. Recommended: KINE 304 or KINE 4404.

Advanced examination of current and evolving topics in exercise science, including performance and clinical applications with an emphasis on exercise physiology. The Class Schedule will list subtitle selected. 2 seminars.

KINE 4451 Nutrition for Fitness and Sport (4 units)

Term Typically Offered: F, SP

Prerequisite: KINE 303 or KINE 3303; and KINE 319 or KINE 3319.

Application of nutritional and metabolic concepts to selected aspects of physical training, diet manipulation, and modification in sport. Nutritional supplementation and special dietary considerations for athletes of all ages. Course may be offered in classroom-based or online format. 4 lectures. Formerly KINE 451.

KINE 4460 Senior Project - Experiential (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Applied and project-based culminating experience in kinesiology under faculty supervision. Repeatable up to 2 units. Credit/No Credit grading only. Formerly KINE 460.

KINE 4461 Senior Project - Report (2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Comprehensive synthesis of professional literature from kinesiology that integrates content from major courses resulting in a report. Topic must be approved by the instructor. Course may be offered in classroom-based, online, or hybrid format. 2 seminars. Formerly KINE 461.

KINE 4462 Senior Project - Research (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Completion of a research project. Results may be submitted for poster presentation or other public/professional forum. Repeatable up to 2 units. Formerly KINE 462.

KINE 4463 Senior Project - Internship (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 434, HLTH 4434, KINE 319, or KINE 3319; and consent of instructor.

Practical experience at an approved agency that provides health promotion or kinesiology programs. Students participate in program administration under the direct supervision of an approved on-site coordinator as a capstone experience. Minimum 90 hours required with some internship sites requiring more hours. Repeatable up to 2 units. Credit/No Credit grading only. Formerly KINE 463.

KINE 4470 Special Advanced Topics (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of special topics for advanced students. The Class Schedule will list topic selected. Repeatable up to 4 units. Course may be offered in classroom-based, online, or hybrid format. 1 to 3 lectures. Crosslisted as HLTH/KINE 4470. Formerly HLTH/KINE 470.

KINE 4471 Special Advanced Laboratory (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group laboratory study of special topics for advanced students. The Class Schedule will list topic selected. Repeatable up to 4 units. 1 to 3 laboratories. Crosslisted as HLTH/KINE 4471. Formerly HLTH/KINE 471.

KINE 4485 Cooperative Education Experience (1-2 units)

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing and consent of instructor.

Work experience in business, industry, government, and other areas of student career interest. Positions are paid and may require relocation. Formal report and evaluation by work supervisor required. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 4485. Formerly KINE 485.

KINE 4495 Cooperative Education Experience (1-2 units)

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing and consent of instructor.

Work experience in business, industry, government, and other areas of student career interest. Positions are paid and may require relocation. Formal report and evaluation by work supervisor required. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 4495. Formerly KINE 495.