



Bachelor of Science in Kinesiology

College of Health and Human Development

Why should I major in kinesiology at Cal State Fullerton?

Active lifestyles and competitive sports are exciting and important parts of contemporary living. As the study of the art and science of human movement, kinesiology is uniquely positioned to prepare students to enter exciting fields such as corporate/commercial fitness, senior fitness and wellness, teaching physical education, athletic coaching, and athletic training and rehabilitation. With a strong foundation in the natural and social sciences, as well as the humanities, graduates gain the knowledge and skills they need to provide scientifically grounded, community-focused, and ethically principled expertise to a diversity of clientele, from children to older adults.

The major in kinesiology offers:

Outstanding Faculty - Our nationally and internationally known faculty come from some of the most prestigious universities in the United States and abroad. Their research articles, textbooks and numerous invitations for public speaking are a reflection of their high quality scholarship.

Quality Teaching/Dynamic Classrooms - With a focus on excellent instruction, interactive classrooms and laboratories, and close collaboration with students, our faculty members have a strong commitment to student learning.

Expansive Laboratories - A new Kinesiology and Health Science Building provides state-of-the-art classroom and laboratory facilities for more than 1,000 majors preparing for careers in fields related to health and physical activity. We are excited about the recent improvements to our Lifespan Wellness Clinic, as well as our Fitness, Movement Analysis, Athletic Training, Exercise Physiology, Sport Psychology and Media laboratories. Also, our Computer Laboratory provides all students with access to email accounts, software that complements classroom activities, and the Internet.

Flexibility - The program offers courses to fit the needs of both full and part-time students. Classes are rotated and offered during day and evening hours.

Diverse and Talented Students - We are proud of the professional accomplishments of our graduates. Our alumni include championship coaches,

award-winning athletic trainers, excellent teachers and fitness club owners. Graduates have completed a variety of advanced degrees, including medicine and physical therapy, as well as specialized graduate programs within kinesiology, including exercise physiology, biomechanics and sports psychology.

What is a kinesiology major?

A kinesiology major is typically a person with an interest in the body and how it functions with a desire to help people improve movement skills, improve fitness, rehabilitate and/or enhance sport performance. With a degree in kinesiology, you will learn how motor skills are acquired and improved, how the body responds to exercise, and how human movement is connected to the needs and enjoyment of the individual, community and society.

What types of career opportunities are available?

A number of majors are interested in health-related activities such as fitness, rehabilitation, treating injuries, and teaching healthy and functional movement techniques. Other majors are interested in instructional and competitive activities including coaching athletes, personal training and enhancing performance in movement and sports skills. Career areas include certified athletic trainer, athletic coach, adult fitness/wellness, corporate/commercial fitness, personal fitness trainer, physical education teacher, rehabilitation specialist and other allied health professions. Students wishing to pursue careers in the health professions, such as medical doctors, physician assistants, chiropractic medicine, physical therapy, dentists, pharmacists, optometrists and veterinarians, are advised to seek counseling through the Health Professions Office in University Hall 223.

What courses are required for a kinesiology major?

The Bachelor of Science degree in Kinesiology offers the education you need to launch or advance your career in the field. The degree consists of 120 units with 51 units required in the major and 9 units of prerequisite courses. It is recommended that you consult with an adviser once accepted to the university and each semester while attending Cal State Fullerton.

All kinesiology majors take the following foundation and core courses, in addition to a 21-unit advising track.

Foundation Courses (12 units)

- Kinesiology 202 Introduction to Kinesiology
- Kinesiology 260 Movement Anatomy
- Kinesiology 349 Measurement and Statistics in Kinesiology and Health

Core Courses (18 units)

- Kinesiology 300 Principles of Human Movement
- Kinesiology 348 Exercise Physiology
- Kinesiology 371 Human Motor Control and Learning

- Kinesiology 380 History and Philosophy of Human Movement
- Kinesiology 381 Sport, Games and Culture
- Kinesiology 383 Psychology of Sport and Physical Activity

Upper-Division Writing Course (3 units)

English 301 Advanced College Writing

Advising Track Requirement (21 units)

Majors select a minimum of 21 units of upper-division (300-level or above) advising track courses within one of the following focus areas: athletic training*, clinical exercise science, fitness and health promotion, gerokinesiology, sport studies, teacher education* or special studies. Please see the university catalog for specific courses in each advising track.

We encourage students to complete internships as part of developing their professional interests and contacts in each of these areas.

*Certification in these areas may require further course work and testing.

What certifications are available in kinesiology?

The Department of Kinesiology offers a certification program in athletic training and a single-subject credential program for teaching physical education.

The Athletic Training Education Program (ATEP) is nationally accredited and designed to prepare students for careers as Certified Athletic Trainers (ATCs), a recognized health professional by the American Medical Association. Admission to the ATEP at Cal State Fullerton is competitive. Students pursuing certification as athletic trainers must complete the kinesiology major, additional courses within and outside the major, five semesters of clinical rotations, and pass the national examination.

The Subject Matter Preparation Program (for obtaining a Single Subject Teaching Credential in Physical Education) is designed for teaching physical education (K-12) in California. Admission to the Credential Program is competitive, and students must complete the Single Subject Matter Preparation Program (SMPP) in physical education, the CBEST, and other requirements described in the application packet. To obtain an application and to learn more about the application process, students must attend an overview session. Please call (714) 278-5591 to schedule an appointment.

The Kinesiology degree has been recognized by the National Strength and Conditioning Association (NSCA) for Personal Training and Strength and Conditioning certifications; and by the American Sport Education Program (ASEP) for required CIF athletic coaching certification.

What courses will transfer from my community college?

Many of your community college courses will transfer as general education classes. Students can visit www.assist.org to determine community college courses that articulate with our department. Certain community colleges offer courses that can fulfill the activity course and anatomy prerequisites for the kinesiology major. Please note that courses taken at a community college will not count as 300-level courses at Cal State Fullerton.

What scholarships and awards are available?

There are various scholarships and awards available for our majors both on and off campus. The Department of Kinesiology offers both scholarship awards and student recognition awards. Check the bulletin boards outside our department office for details and be sure to apply.

What activities can I join?

There are many different opportunities and activities for our students. Some of these include the Kinesiology and Health Science Student Association, the Kinesiology Honor Society – Kappa Omnicorn Nu, and the Institute for Student Leadership. Kinesiology majors often become members of the American College of Sports Medicine, as well as the California Association for Health, Physical Education, Recreation and Dance, and attend their conferences and activities. We also encourage you to take advantage of the numerous opportunities for student involvement in campus-wide activities.

Where can I obtain advisement?

Majors are encouraged to visit our Kinesiology and Health Science Student Advising Office at least once a semester. The office answers many questions such as how to select courses, develop a schedule, meet prerequisites and complete graduation requirements. The Advising Office can also help you select a Kinesiology faculty member with whom you can discuss career questions, graduate schools and internship opportunities. Contact the Advising Center at (714) 278-4757.

How can I learn more?

Many of your questions can be answered by visiting the university's website at www.fullerton.edu, and the Kinesiology and Health Science website at <http://hdcs.fullerton.edu/knes/>. We also invite you to visit the campus, speak to our advisers, and tour our facilities. We are located in the Kinesiology and Health Science Building. You can also make an appointment with the Advising Center by calling (714) 278-4757.