



Bachelor of Science in Kinesiology

College of Human Development & Community Service

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, physical education teaching, 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 – We are very excited about the recent improvements to our Lifespan Wellness Clinic, as well as our Fitness, Movement Analysis, Athletic Training, and Exercise Physiology laboratories. Also, thanks to our brand new Computer Laboratory, all students have access to email accounts, software that complements classroom activities, and links to the World Wide Web.

Flexibility - The program offers courses to fit the needs of both full and part-time students. Classes are offered during both 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 usually a person with an interest in the body and how it functions, and a desire to help people improve movement skills, become fit, rehabilitate and/or enhance their sports 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 in all its forms 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 and rehabilitation specialist.

On-the-job activities may include treating acute and chronic athletic injuries; rehabilitation of athletic injuries; designing workout programs for individuals or groups; assessing fitness levels; recruiting and coaching athletes; and teaching movement and sports skills.

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 prior to or during your first semester at Cal State Fullerton.

All kinesiology majors take the following foundation and core courses, in addition to 9 units of electives:

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

Electives (21 units)

Majors select a minimum of 21 units of upper-division (300-level or above) elective courses within kinesiology. Students may choose from the following focus areas to concentrate on a particular area of interest: gerokinesiology; fitness and health promotion; athletic coaching; special studies; sport studies; clinical exercise science; teacher education**; and athletic training**.

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

**Certification in these areas requires further course work and testing.

What certifications are available in kinesiology?

The Division of Kinesiology offers a certification program in athletic training, as well as a credential program for teaching physical education.

The Athletic Training Education Program (ATEP) is accredited by the Commission on the Accreditation of Allied Health Education Programs (CAAHEP) and is designed to prepare students for careers as Certified Athletic Trainers (ATCs), a recognized health professional by the American Medical Association. Athletic trainers provide health care services to athletes and other physically active individuals. 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, a minimum number of five semesters of clinical practice, and pass the national examination.

The Subject Matter Preparation Program (for obtaining a Single Subject Teaching Credential in Physical Education) is designed for students wishing to teach physical education (K-12) as their primary subject in California. Admission to the Credential Program is competitive and students must complete the Single Subject Preparation Program in physical education and the CBEST.

More information about these programs may be obtained at the Division website.

What courses will transfer from my community college?

Many of your community college courses will transfer as general education classes. Consult your community college's articulation document or adviser for specifics. Certain community colleges offer courses that can fulfill the activity course and anatomy/physiology prerequisites for the kinesiology major. You should be aware that courses taken at a community college will not count as

300-level courses at Cal State Fullerton, even if they have the same title and similar content. Please consult with an adviser if you have questions.

What scholarships and awards are available?

There are various scholarships and awards available for our majors both on and off campus. The Division of Kinesiology and Health Promotion offers both scholarship awards and student recognition awards. Check the bulletin boards outside our Division Office for application dates and qualifications, 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 Promotion Student Association 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 Promotion 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 Department 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 site at www.fullerton.edu, and the Kinesiology and Health Promotion website at <http://hdcs.fullerton.edu/knes/khp.htm>. We also invite you to visit the campus, speak to our advisers, and tour our facilities. We are located in the Physical Education Building. You can also make an appointment with the Advising Center by calling (714) 278-4757.

Join over 600 students who are combining their love for activity with the satisfaction of helping people by becoming a kinesiology major today!