

# KINESIOLOGY

College of Health and Human Services

**Department Chair:** Sharon R. Guthrie

**Department Office:** Health and Human Services (HHS) 2, Rm. 105  
Telephone: (562) 985-4051  
Website: <http://www.csulb.edu/colleges/chhs/departments/kin/>

**Faculty:** D. Margaret Costa, Jill A. Crussemeyer, James A. Davis, Keith W. Freeseemann, Christine Galvan, Sharon R. Guthrie, Grant M. Hill, Kerrie Kauer, Jeff L. Kress, Barry W. Lavay, Mikiko Nakajima, Clayre K. Petray, Ralph Rozenek, Jan M. Schroeder, Emyr W. Williams, Alison M. Wrynn, Will Wu, Douglas E. Young

**Department Coordinator:** Stacia Ticer

## Career Possibilities

**Allied Health Professions Programs:** Certified Athletic Trainer • Educator/Professor • Researcher • Certified Kinesiotherapist

**Exercise Science and Fitness:** Strength and Conditioning Coach • Educator/Professor • Researcher • Exercise Technician • Fitness Specialist • Exercise Physiologist • Exercise Specialist

**Physical Education Teacher Education (PETE):** Physical Educator • Adapted Physical Education Specialist • Sport Coach • High School Athletic Administrator • Educator/Professor • Researcher

**Sport Studies:** Sport Coach • Educator/Professor • Researcher • Mental Training Consultant/Sport Psychologist • Sport Manager • College Athletic Administrator  
(For more information, see [www.careers.csulb.edu](http://www.careers.csulb.edu).) Various entry-level trainee positions are available for graduates, regardless of academic discipline.

## Introduction

The mission of the Department of Kinesiology is to facilitate wellness among individuals through the study and application of human movement principles across the lifespan and through the management of and participation in physical activity, exercise, and sport. The Department serves the needs of students completing majors in other fields who find that certain aspects of kinesiology are important to professional objectives and personal interests.

## Programs at a Glance

- Bachelor of Arts in Kinesiology in two options
- Bachelor of Science in Kinesiology in four options
- Bachelor of Science in Athletic Training
- Master of Arts in Kinesiology in five options
- Master of Science in Kinesiology in four options
- Single Subject Teaching Credential in Physical Education (K-12)
- Single Subject Teaching Authorization in Adapted Physical Education (K-12)
  
- Wilderness Studies Certificate
- Kinesiotherapy Certificate

In addition to the degree requirements for the Bachelor of Arts in Kinesiology and the Bachelor of Science in Kinesiology, the Major must meet the following Department

policies and requirements for University graduation:

1. Each major course and prerequisite course must be completed with a grade of "C" or better. A course in which a grade lower than a "C" is received must be retaken and successfully completed prior to enrolling in any other course for which it is a prerequisite;
2. Upper-division courses may not be waived by substitution or examination without Department petition and approval;
3. Department approval.

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## Undergraduate Programs

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### Bachelor of Arts in Kinesiology

Students pursuing a B.A. degree in Kinesiology must complete requirements plus one of the two Options.

#### Option in Adapted Physical Education – Teacher Education (120 units)

This option places emphasis on teaching public school PE to students with disabilities in preschool through grade 12.

Completion of this option meets Commission on Teacher Credentialing requirements for subject matter competence for the Single Subject Teaching Authorization in Adapted Physical Education (K-12).

This option is being revised to meet new state standards for subject matter competence for physical education teachers. When the revised program has been approved by the Commission on Teacher Credentialing, the new requirements will be in effect superseding current requirements.

#### Requirements

Lower Division:

Take all of the following courses:

BIOL 207 Human Physiology (4)  
Prerequisites: GE Foundation requirements.

BIOL 208 Human Anatomy (4)  
Prerequisites: GE Foundation requirements.

PSY 100 General Psychology (3)  
Prerequisites/Corequisites: GE A1 requirement.

KIN 149A Self Defense (1)  
Prerequisites: None.

KIN 237 Techniques and Analysis of Aquatic Skills (2)  
Prerequisites: KIN 125A or 125B or consent of instructor, American Red Cross Community First Aid and CPR certifications or equivalent. To maintain enrollment, students must pass the swimming proficiency examination that will be administered the first week of instruction.

KIN 250 Techniques of Basketball (1)  
Prerequisites: None.

KIN 251 Techniques of Flag Football (1)  
Prerequisites: None.

KIN 253 Techniques of Soccer (1)  
Prerequisites: None.

KIN 255 Techniques of Softball (1)  
Prerequisites: None.

KIN 257 Techniques of Volleyball (1)  
Prerequisites: None.

- KIN 261 Techniques and Analysis of Fundamental Rhythms (2)  
Prerequisites: None.
- KIN 264 Techniques of Golf (1)  
Prerequisites: None.
- KIN 265 Techniques of Gymnastics (1)  
Prerequisites: None.
- KIN 266 Techniques of Badminton (1)  
Prerequisites: None.
- KIN 267 Techniques of Tennis (1)  
Prerequisites: None.
- KIN 268 Techniques of Track and Field (1)  
Prerequisites: None.
- KIN 270 Professional Practices in Public School Physical Education (3)  
Prerequisites: None.

#### Upper Division:

Take all of the following courses:

- KIN 300 Biomechanics of Human Movement (3)  
Prerequisites: BIOL 208 or equivalent.
- KIN 301 Exercise Physiology (3)  
Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.
- KIN 312 Motor Control and Learning (3)  
Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.
- KIN 315 Motor Development (3)  
Prerequisites: BIOL 207, 208; PSY 100 or equivalent.
- KIN 320 Adapted Physical Education (3)  
Prerequisites: BIOL 208.
- KIN 332I Sociocultural Dimensions of Sport and Human Movement (3)  
Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper-division standing.
- KIN 335 Historical and Cultural Foundations of Sport and Kinesiology in America (3)  
Prerequisites: Upper Division Standing.
- KIN 343 Techniques and Analysis of Fitness (2)  
Prerequisites: KIN 270.
- KIN 370 Movement Theory and Practice of Elementary Physical Education (3)  
Prerequisites: KIN 270.
- KIN 380 Principles, Organization and Management of Secondary School Physical Education (3)  
Prerequisites: KIN 149, 237, 250, 253, 255, 257, 261, 264, 265, 266, 267, 268, 343, 370 or consent of instructor.  
Corequisites: EDSS 300P.
- KIN 387 Physical Activities for the Disabled (3)  
Prerequisites: KIN 320, 427. Corequisites: KIN 489A.
- KIN 388 Program Planning and Instruction in Adapted Physical Education (3)  
Prerequisites: KIN 387. Corequisites: KIN 489A.
- KIN 427 Physical and Motor Assessment (3)  
Prerequisites: KIN 315 or equivalent and KIN 320 or equivalent; upper-division undergraduate or graduate standing.
- KIN 460 Applied Theory and Analysis of Non-Traditional Physical Education Games & Activities (2)  
Prerequisites: KIN 370, senior standing.

A fieldwork, field experience or internship course requires current certification in First Aid (American Red Cross: Community First Aid & Safety or Emergency Response or Workplace Training: Standard First Aid or equivalent) and

Cardiopulmonary Resuscitation (American Red Cross: Adult CPR or Adult, Infant & Child CPR or CPR for the Professional Rescuer; American Heart Association: Adult CPR or Adult, Infant & Child CPR or ACLS Provider or equivalent) prior to enrollment.

### Single Subject Teaching Authorization in Adapted Physical Education (K-12)

In addition to meeting the subject matter competence requirement for the Teaching Credential, prospective Adapted Physical Education teachers are also required to complete 45 units of professional preparation in the Single Subject Credential Program, including student teaching. Students may begin the professional preparation courses as early as the junior year. With careful planning, it is possible to complete all of the credential program courses, except for student teaching, as an undergraduate. Courses may also be completed as a post-baccalaureate student. Refer to the Single Subject Teacher Education section of this catalog or the Single Subject Credential Program website ([www.ced.csulb.edu/single-subject](http://www.ced.csulb.edu/single-subject)) for a description of the professional preparation requirements, courses, and application procedures.

### Option in K-12 Physical Education – Teacher Education (120 units)

Completion of this option meets the subject matter competence requirement for the Single Subject Teaching Credential in Physical Education. Prospective students should consult the department's Physical Education Advisor early to plan their program.

#### Requirements

##### Lower Division:

Take all of the following courses:

- BIOL 207 Human Physiology (4)  
Prerequisites: GE Foundation requirements.
- BIOL 208 Human Anatomy (4)  
Prerequisites: GE Foundation requirements.
- PSY 100 General Psychology (3)  
Prerequisites/Corequisites: GE A1 requirement.
- KIN 149A Self Defense (1)  
Prerequisites: None.
- KIN 237 Techniques and Analysis of Aquatic Skills (2)  
Prerequisites: KIN 125A or 125B or consent of instructor, American Red Cross Community First Aid and CPR certifications or equivalent. To maintain enrollment, students must pass the swimming proficiency examination that will be administered the first week of instruction.
- KIN 250 Techniques of Basketball (1)  
Prerequisites: None.
- KIN 251 Techniques of Flag Football (1)  
Prerequisites: None.
- KIN 253 Techniques of Soccer (1)  
Prerequisites: None.
- KIN 255 Techniques of Softball (1)  
Prerequisites: None.
- KIN 257 Techniques of Volleyball (1)  
Prerequisites: None.
- KIN 261 Techniques & Analysis of Fundamental Rhythms (2)  
Prerequisites: None.
- KIN 264 Techniques of Golf (1)  
Prerequisites: None.
- KIN 265 Techniques of Gymnastics (1)  
Prerequisites: None.

- KIN 266 Techniques of Badminton (1)  
Prerequisites: None.
- KIN 267 Techniques of Tennis (1)  
Prerequisites: None.
- KIN 268 Techniques of Track and Field (1)  
Prerequisites: None.
- KIN 270 Professional Practices in Public School Physical Education (3)  
Prerequisites: None.

Upper Division:

Take all of the following courses:

- KIN 300 Biomechanics of Human Movement (3)  
Prerequisites: BIOL 208 or equivalent.
- KIN 301 Exercise Physiology (3)  
Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.
- KIN 312 Motor Control and Learning (3)  
Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.
- KIN 315 Motor Development (3)  
Prerequisites: BIOL 207, 208; PSY 100 or equivalent.
- KIN 320 Adapted Physical Education (3)  
Prerequisites: BIOL 208.
- KIN 332I Sociocultural Dimensions of Sport and Human Movement (3)  
Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper-division standing.
- KIN 335 Historical and Cultural Foundations of Sport and Kinesiology in America (3)  
Prerequisites: Upper Division Standing.
- KIN 343 Techniques and Analysis of Fitness (2)  
Prerequisites: KIN 270.
- KIN 370 Movement Theory and Practice of Elementary Physical Education (3)  
Prerequisites: KIN 270.
- KIN 380 Principles, Organization and Management of Secondary School Physical Education (3)  
Prerequisites: KIN 149, 237, 250, 253, 255, 257, 261, 264, 265, 266, 267, 268, 343, 370 or consent of instructor. Corequisites: EDSS 300P.
- KIN 457 Applied Theory of Teaching Team Sports (3)  
Prerequisites: KIN 250, 251, 253, 255, 257, 270 or consent of instructor; senior standing.
- KIN 460 Applied Theory and Analysis of Non-Traditional Physical Education Games & Activities (2)  
Prerequisites: KIN 370, senior standing.
- KIN 461 Applied Theory of Teaching Individual & Dual Sports (3)  
Prerequisites: KIN 237, 264, 265, 266, 267, 268, 270, or consent of instructor.
- KIN 477 Measurement and Curriculum in Physical Education (3)  
Prerequisites: KIN 343 and KIN 370 or consent of instructor.

A fieldwork, field experience or internship course requires current certification in First Aid (American Red Cross: Community First Aid & Safety or Emergency Response or Workplace Training: Standard First Aid or equivalent) and Cardiopulmonary Resuscitation (American Red Cross: Adult CPR or Adult, Infant & Child CPR or CPR for the Professional Rescuer; American Heart Association: Adult CPR or Adult, Infant & Child CPR or ACLS Provider or equivalent) prior to enrollment.

## Single Subject Teaching Credential in Physical Education (K-12)

In addition to meeting the subject matter competence requirement for the Teaching Credential, prospective Physical Education teachers are also required to complete 45 units of professional preparation in the Single Subject Credential Program, including student teaching. Students may begin the professional preparation courses as early as the junior year. With careful planning, it is possible to complete all of the credential program courses, except for student teaching, as an undergraduate. Courses may also be completed as a post-baccalaureate student. Refer to the Single Subject Teacher Education section of this catalog or the Single Subject Credential Program website ([www.ced.csulb.edu/single-subject](http://www.ced.csulb.edu/single-subject)) for a description of the professional preparation requirements, courses, and application procedures.

## Adapted Physical Education Specialist Teaching Authorization

This program is designed for students interested in the administration and implementation of physical activity programs for persons with disabilities in K-12 schools. Completion of this program results in the Adapted Physical Education added authorization for holders of a current Single Subject, Multiple Subject, or Education Specialist basic teaching credential.

### Requirements

1. Bachelor's degree;
2. Concurrent enrollment in or completion of the Single Subject Physical Education teaching credential program or the Multiple Subject or Education Specialist teaching credential program;
3. Take the following courses:
  - KIN 320 Adapted Physical Education (3)  
Prerequisites: BIOL 208.
  - KIN 387 Physical Activities for the Disabled (3)  
Prerequisites: KIN 320, 427. Corequisites: KIN 489A.
  - KIN 388 Program Planning and Instruction in Adapted Physical Education (3)  
Prerequisites: KIN 387. Corequisites: KIN 489A.
  - KIN 427 Physical and Motor Assessment (3)  
Prerequisites: KIN 315 or equivalent and KIN 320 or equivalent; upper-division undergraduate or graduate standing; consent of instructor required for graduate students prior to registration.
  - KIN 489A Field Work in Physical Activity Settings (6)  
Prerequisites: Completion of Kinesiology course requirements for the major option in which field work is taken.
  - EDSP 350 Education of Exceptional Individuals (3)  
Prerequisites: None.

Select two courses from the following:

ED P 405; EDSP 577, 578; KIN 526; LING 151.

## Bachelor of Science in Kinesiology

Students pursuing the Bachelor of Science degree in Kinesiology must complete the course requirements and the physical fitness proficiency of each Option. Students may select their area of specialization from the Options described below.

## Option in Exercise Science (120 units)

### Admission Under Impaction

Refer to the following website for additional impaction criteria: [http://www.csulb.edu/depts/enrollment/admissions/impacted\\_major.html](http://www.csulb.edu/depts/enrollment/admissions/impacted_major.html).

### Requirements

#### Core:

Take all of the following courses:

BIOL 207 Human Physiology (4)

Prerequisites: GE Foundation requirements.

BIOL 208 Human Anatomy (4)

Prerequisites: GE Foundation requirements.

KIN 300 Biomechanics of Human Movement (3)

Prerequisites: BIOL 208 or equivalent.

KIN 301 Exercise Physiology (3)

Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.

KIN 312 Motor Control and Learning (3)

Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.

#### Lower Division:

Take all of the following courses:

MATH 113 (or higher) Precalculus Algebra (3)

Prerequisites: Appropriate ELM score, ELM exemption or MAPB11.

CHEM 111A General Chemistry (5)

Prerequisites: A passing score on the Chemistry Placement Examination (credit in CHEM 191 does not substitute for a passing score on the Chemistry Placement Examination) and a "C" or better in MATH 113 or 117 or 119A or 122. One year of high school chemistry is strongly recommended.

CHEM 111B General Chemistry (5)

Prerequisites: CHEM 111A with a grade of "C" or better.

KIN 263 Techniques of Physical Fitness (2)

Prerequisites: None.

PHYS 100A General Physics (4)

Prerequisites: MATH 109 or 113 or 117 or 119A or 120 or 122.

PHYS 100B General Physics (4)

Prerequisites: PHYS 100A.

PSY 100 General Psychology (3)

Prerequisites/Corequisites: GE A1 requirement.

#### Upper Division:

Take all of the following courses:

KIN 405 Cardiopulmonary Aspects of Health Related Exercise Programs (4)

Prerequisites: KIN 210 or current First Aid and CPR certificates, KIN 301.

KIN 441 Applied Biomechanics: Lifting and Work Capacity (3)

Prerequisites: KIN 300 or equivalent (Trigonometry and PHYS 100A recommended).

Take one of the following courses:

KIN 430 Motor Control Principles and Theory (3)

Prerequisites: KIN 312 or equivalent.

KIN 431 Scientific Foundations of Locomotion (3)

Prerequisites: KIN 300, 312.

Take one of the following courses:

KIN 483 Statistics in Human Movement Science (3)

Prerequisites: KIN 300, 301, 312.

BIOL 260 Biostatistics (3)

Prerequisites: BIOL 211 or BIOL 207 or MICR 200; MICR 200; MATH 111 or 113 or 119A or 122 all with a grade of "C" or better.

Take three of the following courses:

KIN 339I, 462, 465, 466, 432.

Take 18 units (minimum 6 units from KIN) of elective courses from the following:

BIOL 200, 211, 212, 213 (BIOL 111 and 111L, 212 and 212L, 213 and 213L if courses taken prior to this catalog year), 301, 340, 341, 342 and 342L, 345, 441, 443, 445; CHEM 327, 448; NUTR 132, 331A, 331B, 439; H SC 150; KIN 315, 320, 339I\*, 364, 367, 430\*, 431\*, 432\*, 462\*, 465\*, 466\*, 471, 494, 495, 497; MICR 200, 211; PSY 327I, 370.

\*If not taken as one of the major required upper-division courses.

A fieldwork, field experience or internship course requires current certification in First Aid (American Red Cross: Community First Aid & Safety or Emergency Response or Workplace Training: Standard First Aid or equivalent) and Cardiopulmonary Resuscitation (American Red Cross: Adult CPR or Adult, Infant & Child CPR or CPR for the Professional Rescuer; American Heart Association: Adult CPR or Adult, Infant & Child CPR or ACLS Provider or equivalent) prior to enrollment.

## Option in Fitness (120 units)

### Requirements

#### Core Courses:

BIOL 207 Human Physiology (4)

Prerequisites: GE Foundation requirements.

BIOL 208 Human Anatomy (4)

Prerequisites: GE Foundation requirements.

KIN 300 Biomechanics of Human Movement (3)

Prerequisites: BIOL 208 or equivalent.

KIN 301 Exercise Physiology (3)

Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.

KIN 312 Motor Control and Learning (3)

Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.

#### Lower Division:

NUTR 132 Introductory Nutrition (3)

Prerequisites/Corequisites: One Foundation course.

PSY 100 General Psychology (3)

Prerequisites/Corequisites: GE A1 requirement.

STAT 108 Statistics for Everyday Life (3)

Prerequisites: None

KIN 218 Introduction to the Fitness Industry (2)

Prerequisites: None.

KIN 263 Techniques of Physical Fitness (2)

Prerequisites: None.

#### Physical Activity Courses:

Take a minimum of 7 units selected from different classes chosen from the following:

KIN 100A, 102A, 104A, 106A, 107A, 108A, 109A, 110A, 112A, 114A, 114B, 114C, 121A, 124A, 125A, 125B, 126A, 127A, 142, 145A, 146A, 148A, 149A, 151A, 152A, 161A, 162A, 165A, 166, 167A, 168A, 169A, 172A, 172B, 172C, 183A, 185, 189, 198F, 198G, 198H, 198J, 242, 243A, 243C, 244, 245, 246A, 247A, 250, 251, 253, 255, 257, 264, 265, 266, 267, 268.

#### Upper Division:

KIN 339I Psychology of Sport Behavior and Athletic Performance (3)

Prerequisites: GE Foundation requirements, PSY 100, and upper-division standing.

KIN 363 Theory and Analysis of Group Fitness Instruction (2)

Prerequisites: KIN 263.

KIN 364 Fitness for Adult Populations with Unique Health Considerations (3)

Prerequisites: KIN 301.

KIN 367 Fitness and the Aging Process (3)

Prerequisites: KIN 301.

KIN 368 Resistance Training for Fitness (3)

Prerequisites: KIN 300 and 301.

KIN 467 Fundamentals of Personal Training (3)

Prerequisites: KIN 368. Open to Fitness Option students in Kinesiology only, or consent of instructor.

KIN 468 Nutrition for Exercise and Performance (3)

Prerequisites: NUTR 132, KIN 301.

KIN 469 Fitness Management (3)

Prerequisites: KIN 363, 368.

KIN 478 Psychological Aspects of Exercise and Fitness (3)

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

KIN 489D Fieldwork in Fitness (3)

Prerequisites: Completion of Kinesiology course requirement for the major option in which the field work is taken. KIN 467, completion of 200 hours in a corporate fitness setting, 200 hours in a traditional fitness setting and 100 hours of approved fitness experience.

#### Take one of the following:

KIN 332I Sociocultural Dimensions of Sport and Human Movement (3)

Prerequisites: GE Foundation requirement, one or more Exploration course and upper-division standing.

KIN 335 Historical and Cultural Foundations of Sport and Kinesiology in America (3)

Prerequisites: Upper division standing.

#### Take nine units of elective courses from the following:

APEP 207, 309; NUTR 433, 439; H SC 421, 423, 427, 429; KIN 315, 332I\*, 335\*, 462, 487; REC 421, 423, 425, 427.

\* If not taken as one of the major required upper-division courses.

A fieldwork, field experience, or internship requires current certification in First Aid (American Red Cross: Community First Aid & Safety or Emergency Response or Workplace Training: Standard First Aid or equivalent) and Cardiopulmonary Resuscitation (American Red Cross: Adult CPR or Adult, Infant & Child CPR or CPR for the Professional Rescuer; American Heart Association: Adult CPR or Adult, Infant & Child CPR or ACLS Provider or equivalent) prior to enrollment.

### Option in Kinesiotherapy (120 units)

This Option is designed for those students who would like to train to become a Kinesiotherapist. Kinesiotherapy is defined as the application of scientifically based exercise principles adapted to enhance the strength, endurance, and mobility of individuals with functional limitations or those requiring extended physical conditioning.

The Kinesiotherapist is a health care professional competent in the administration of musculoskeletal, neurological, ergonomic, biomechanical, and task specific

functional tests and measures. Kinesiotherapists provide a bridge between acute illness and physical wellness. They work primarily with medically stable patients to assist them in reaching their optimal level of functional capacity. They are skilled in adapting scientifically based exercises to accommodate in the medical/surgical limitations of their clients.

Current employment settings of program graduates for registered Kinesiotherapists are: Department of Veteran Affairs, Department of Defense (e.g., Civilian Wellness Programs), Medical centers, Medical fitness facilities, Rehabilitation facilities, Learning disability centers, Colleges and universities, Workman's compensation programs conducting functional capacity evaluations

While the coursework in this Option is designed for students preparing for careers in Kinesiotherapy, it can also accommodate students interested in other allied health disciplines. If the student plans on using the Option coursework for that purpose, he/she may be required to enroll in additional courses outside the Option.

### Admission Under Impaction

Refer to the following website for additional impaction criteria: [http://www.csulb.edu/depts/enrollment/admissions/impacted\\_major.html](http://www.csulb.edu/depts/enrollment/admissions/impacted_major.html).

### Requirements

#### Core Courses:

##### Take the following:

BIOL 207 Human Physiology (4)

Prerequisites: GE Foundation requirements.

BIOL 208 Human Anatomy (4)

Prerequisites: GE Foundation requirements.

KIN 300 Biomechanics of Human Movement (3)

Prerequisites: BIOL 208 or equivalent.

KIN 301 Exercise Physiology (3)

Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.

KIN 312 Motor Control and Learning (3)

Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.

#### Lower Division:

##### Take the following:

KIN 217 Introduction to Kinesiotherapy (2)

Prerequisites: None.

KIN 263 Techniques in Physical Fitness (2)

Prerequisites: None.

PSY 100 General Psychology (3)

Prerequisites/Corequisites: GE A1 requirement.

PSY 210 Introduction to Statistics (4)

Prerequisites: PSY 100, GE A1 requirement, and eligible to take a General Education Mathematics course.

PSY 220 Research Methods (4)

Prerequisites: PSY 100, 210, GE A1 requirement.

PSY 241 Psychobiology (3)

Prerequisites: PSY 100, GE A1 requirement.

#### Upper Division:

##### Take the following:

APEP 309 Developmental & Therapeutic Exercise (3)

Prerequisites: KIN 300, 301 or consent of instructor.

GERN 400I Perspectives on Gerontology (3)

Prerequisites: GE Foundation, one or more Exploration courses, and upper-division standing.

### KIN 315 Motor Development (3)

Prerequisites: BIOL 207, 208; PSY 100 or equivalent.

### KIN 320 Adapted Physical Education (3)

Prerequisites: BIOL 208.

### KIN 367 Fitness and the Aging Process (3)

Prerequisites: KIN 301.

### KIN 427 Physical and Motor Assessment (3)

Prerequisites: KIN 315 or equivalent and KIN 320 or equivalent; upper-division undergraduate or graduate standing.

### KIN 485 Neurological and Pathological Foundations for Kinesiotherapy (3)

Prerequisites: BIOL 207, 208; KIN 300, 301, 320, 489F or consent of instructor.

### KIN 489F Fieldwork in Kinesiotherapy (3)

Prerequisites: Completion of Kinesiology course requirements for the major option in which field work is taken.

### PSY 341 Neuropsychology (3)

Prerequisites: PSY 100, 220, 241, GE Foundation requirement and upper division standing.

### PSY 370 Abnormal Psychology (3)

Prerequisites: PSY 100, GE Foundation requirement and upper division standing.

Take one of the following:

### KIN 430 Motor Control Principles (3)

Prerequisites: KIN 312 or equivalent.

### KIN 432 Applied Motor Learning (3)

Prerequisites: KIN 300 and 312.

Take one of the following:

### PSY 361 Psychology of Childhood Adolescent Development (3)

Prerequisites: PSY 100, GE Foundation requirement and upper division standing.

### PSY 365 Psychology of Adult Development & Aging (3)

Prerequisites: PSY 100, GE Foundation requirement and upper division standing.

Take one of the following:

### KIN 332I Sociocultural Dimensions of Sport/Human Movement (3)

Prerequisites: BIOL 207, 208; PSY 100.

### KIN 335 Historical and Cultural Foundations of Sport and Kinesiology in America (3)

Prerequisites: Upper division standing.

Students planning to enroll in Kinesiotherapy fieldwork and internship courses are required to attain current certification in First Aid and Cardiopulmonary Resuscitation (CPR) prior to enrollment by completing the American Red Cross Course: CPR/AED Certification for the Healthcare Provider and the Professional Rescuer or the American Heart Association Course: BLS for Healthcare Providers.

## Option in Sport Psychology and Leadership (120 units)

This option has two concentrations – one in Sport Psychology and one in Leadership. The course work for both concentrations is the same except for the activity courses and the elective courses. The option is designed for students interested in careers in: 1) sport psychology; and 2) coaching outside the public school system (K-12), e.g., sport management/leadership; coaching professional athletes, coaching youth-sport athletes, and coaching in sport academies.

## Requirements

### Core Courses

#### BIOL 207 Human Physiology (4)

Prerequisites: GE Foundation requirements.

#### BIOL 208 Human Anatomy (4)

Prerequisites: GE Foundation requirements.

#### KIN 300 Biomechanics of Human Movement (3)

Prerequisites: BIOL 208 or equivalent.

#### KIN 301 Exercise Physiology (3)

Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.

#### KIN 312 Motor Control and Learning (3)

Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.

### Lower Division:

#### NUTR 132 Introductory Nutrition (3)

Prerequisites/Corequisites: One Foundation course.

#### KIN 263 Techniques of Physical Fitness (2)

Prerequisites: None.

#### PSY 100 General Psychology (3)

Prerequisites/Corequisites: GE A1 requirement.

#### STAT 108 Statistics for Everyday Life (3)

Prerequisites: None

Take three activity units selected from the following:

KIN 100A, 102A, 104A, 106A, 107A, 108A, 110A, 112A, 114A, 114B, 114C, 121A, 124A, 125A, 125B, 126A, 127A, 142, 145A, 146A, 148A, 149A, 151A, 152A, 161A, 162A, 165A, 166, 167A, 169A, 172A, 172B, 172C, 183A, 185, 189, 242, 243A, 243C, 244, 245, 246A, 247A, 250, 253, 255, 257, 264, 265, 266, 267, 268.

Upper Division:

#### KIN 332I Sociocultural Dimensions of Sport/Human Movement (3)

Prerequisites: BIOL 207, 208; PSY 100.

#### KIN 335 Historical and Cultural Foundations of Sport and Kinesiology in America (3)

Prerequisites: Upper division standing.

#### KIN 338I Women in Sport (3)

Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper-division standing.

#### KIN 339I Psychology of Sport Behavior and Athletic Performance (3)

Prerequisites: GE Foundation requirements, PSY 100, and upper-division standing.

#### KIN 472 Applied Sport and Exercise Psychology (3)

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

#### KIN 475 Psychology of Coaching (3)

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

#### KIN 478 Psychological Aspects of Exercise & Fitness (3)

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

#### PSY 356 Personality (3)

Prerequisites: PSY 100, GE Foundation requirement and upper division standing.

### Concentration in Sport Psychology

Elective Courses:

Select 15 units (minimum 3 units from KIN and 9 units from PSY). At least 7 units must be upper division) from the following courses:

ANTH 353, 412I, H SC 427; KIN 156, 210, 315, 489B, 497; PSY 220, 241, 301, 332, 333, 336, 351, 370, 373, 378, 453, 475.

### *Concentration in Leadership*

#### Elective Courses:

Select 15 units (Minimum 3 units from KIN. At least 7 units must be upper division) from the following courses:  
ANTH 353, 412I; CBA 400I; COMM 306, 335, 411; H SC 427; KIN 156, 200, 210, 489B, 497; REC 321, 322, 324, 340I, 427; PSY 351, 453.

A fieldwork, field experience, or internship requires current certification in First Aid (American Red Cross: Community First Aid & Safety or Emergency Response or Workplace Training: Standard First Aid or equivalent) and Cardiopulmonary Resuscitation (American Red Cross: Adult CPR or Adult, Infant & Child CPR or CPR for the Professional Rescuer; American Heart Association: Adult CPR or Adult, Infant & Child CPR or ACLS Provider or equivalent) prior to enrollment.

This degree option has been deemed "similar" to the Transfer Model Curriculum for Kinesiology under the Student Transfer Agreement Reform Act (SB 1440-Padilla). Students who complete an approved A.A.-T or A.S.-T degree in Kinesiology at a California Community College can meet B.S. in Kinesiology: Option in Sport Psychology and Leadership (KPE\_BS04) requirements with no more than 60 additional units. Contact a Kinesiology faculty advisor for assistance in program planning.

### **Bachelor of Science in Athletic Training (120 units)**

The Department of Kinesiology offers the Bachelor of Science in Athletic Training degree through the Athletic Training Education Program (ATEP). ATEP is nationally accredited by the Commission on the Accreditation of Athletic Training Education (CAATE).

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. Students who want to become certified athletic trainers must earn a degree from an accredited athletic training curriculum. For additional information please refer to the following website: <http://www.nata.org/athletic-training>

The ATEP is designed for formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic intervention, and nutrition. Classroom learning is enhanced through clinical education experiences. Upon successful completion of all the ATEP requirements and Program Director approval, students are eligible to take the Board of Certification (BOC) examination to become a certified athletic trainer (ATC). Entry level careers in athletic training include professional sports, colleges & universities, secondary schools, and emerging settings such as hospital & clinical, industrial/occupational, military, performing arts, physician extender, and public safety.

#### **Admission Under Impaction**

The Bachelor of Science in Athletic Training is an impacted major and requires a supplemental program application in addition to the CSULB admission application.

Admission to CSULB does not guarantee admission into the Athletic Training major.

Refer to the following website for additional impaction criteria: [http://www.csulb.edu/depts/enrollment/admissions/impacted\\_major.html](http://www.csulb.edu/depts/enrollment/admissions/impacted_major.html).

#### **Athletic Training Education Program Website**

Refer to the following website for the most current ATEP information, supplemental application packet, and resources: <http://www.csulb.edu/colleges/chhs/departments/kin/athletic-training/index.html>

#### **Requirements**

##### Core:

- BIOL 207 Human Physiology (4)  
Prerequisites: GE Foundation requirements.
- BIOL 208 Human Anatomy (4)  
Prerequisites: GE Foundation requirements.
- KIN 300 Biomechanics of Human Movement (3)  
Prerequisites: BIOL 208 or equivalent.
- KIN 301 Exercise Physiology (3)  
Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with a grade of "C" or better or consent of instructor.
- KIN 312 Motor Control and Learning (3)  
Prerequisites: For KIN majors: BIOL 207, 208; PSY 100.  
For PSY Neuroscience majors: BIOL 208, 342; PSY 100.

##### Lower Division:

Take all of the following courses:

- ATEP 207 Prevention and Care of Athletic Injuries (3)  
Prerequisites: KIN 210 or equivalent.
- KIN 263 Techniques in Physical Fitness (2)  
Prerequisites: None.
- NUTR 132 Introductory Nutrition (3)  
Prerequisites/Corequisites: One Foundation course.
- PHYS 100A General Physics (4)  
Prerequisites: MATH 109 or 113 or 117 or 119A or 120 or 122.
- PSY 100 General Psychology (3)  
Prerequisites/Corequisites: GE A1 requirement.

Take one of the following courses:

- CHEM 100 Chemistry and Today's World (4)  
Prerequisites: One GE Foundation course (GE categories A1, A2, A3 or B2).
- CHEM 111A General Chemistry (5)  
Prerequisites: A passing score on the Chemistry Placement Examination (credit in CHEM 191 does not substitute for a passing score on the Chemistry Placement Examination) and a "C" or better in MATH 113 or 117 or 119A or 122. One year of high school chemistry is strongly recommended.
- CHEM 140 General, Organic, and Biochemistry (5)  
Prerequisites: A GE math course (may be taken concurrently); high school chemistry or equivalent.

Take one of the following courses:

- BIOL 260 Biostatistics (3)  
Prerequisites: BIOL 211 or BIOL 207 or MICR 200; MATH 111 or 113 or 119A or 122 all with a grade of "C" or better.
- KIN 483 Statistics in Human Movement Science (3)  
Prerequisites: KIN 300, 301, 312.
- PSY 210 Introductory Statistics (4)  
Prerequisites: PSY 100, GE A1 requirement, and eligible to take a General Education Mathematics course.
- STAT 108 Statistics for Everyday Life (3)  
Prerequisites: None.

## Upper Division:

Take all of the following courses:

- ATEP 304 Clinical Aspects of Athletic Training (3)  
Prerequisites: BIOL 207, 208; ATEP 207.
- ATEP 306 Medical Aspects of Athletic Training (3)  
Prerequisites: BIOL 207, 208; ATEP 207.
- ATEP 308A Athletic Training Evaluation I (3)  
Prerequisites: ATEP 207, BIOL 208.
- ATEP 308B Athletic Training Evaluation II (3)  
Prerequisites: ATEP 308A.
- ATEP 309 Developmental and Therapeutic Exercise (3)  
Prerequisites: KIN 300, 301 or consent of instructor.
- ATEP 310 Therapeutic Approaches in Athletic Training (3)  
Prerequisites: ATEP 308A or 309 or consent of instructor.
- ATEP 407 Management Strategies in Athletic Training (3)  
Prerequisites: Senior standing or consent of instructor.
- ATEP 490A Clinical Practicum in Athletic Training (2)  
Prerequisites: Consent of instructor and Grade of "B" or better in ATEP 207; satisfactory completion of CSULB ATEP Physical Exam Form and satisfactory completion of CSULB ATEP Technical Standards Form.
- ATEP 490B Clinical Practicum in Athletic Training (2)  
Prerequisites: Consent of instructor and successful completion of ATEP 490A; satisfactory completion of CSULB ATEP Physical Exam Form and satisfactory completion of CSULB ATEP Technical Standards Form.
- ATEP 490C Clinical Practicum in Athletic Training (2)  
Prerequisites: Consent of instructor and successful completion of ATEP 490B.
- ATEP 490D Clinical Practicum in Athletic Training (2)  
Prerequisites: Consent of instructor and successful completion of ATEP 490C.
- H SC 427 Drugs and Health (3)  
Prerequisites: Upper division standing.
- KIN 315 Motor Development (3)  
Prerequisites: BIOL 207, 208; PSY 100 or equivalent.
- KIN 339I Psychology of Sport Behavior and Athletic Performance (3)  
Prerequisites: GE Foundation requirements, PSY 100 and upper division standing.
- KIN 368 Resistance Training for Fitness (3)  
Prerequisites: KIN 300 and 301.

Take one of the following courses:

- KIN 332I Sociocultural Dimensions of Sport/Human Movement (3)  
Prerequisites: BIOL 207, 208; PSY 100.
- KIN 335 Historical and Cultural Foundations of Sport and Kinesiology in America (3)  
Prerequisites: Upper division standing.

## Certificate Programs

The Department of Kinesiology offers two different certificate programs each of which is related to a special emphasis provided in the curriculum. All certificate programs are open to students enrolled in the University who meet general admission requirements as follows:

1. Completion of 30 hours of course work;
2. A minimum 2.75 GPA in all completed course work;
3. Admission application and approval by a faculty committee in the certificate program selected.

## Certificate in Wilderness Studies

Students may only pursue the certificate program in combination with a CSULB degree program.

### Requirements

1. Wilderness First Responder (WFR) Certification (80 hours)
2. Resume of Outdoor Experiences
3. Coursework (27-29 units):

Take all of the following:

- BIOL 100 Biology of the Human Environment (3)  
Prerequisites/Corequisites: One GE Foundation course.
- KIN 242 Backpacking (2)  
Prerequisites: None.
- KIN 244 Kayaking (2)  
Prerequisites: None.
- KIN 246A Mountaineering (2)  
Prerequisites: None.
- KIN 247A Techniques of Rockclimbing (2)  
Prerequisites: None.
- KIN 448 Wilderness Studies: Leadership Practicum (3)  
Prerequisites: None.
- KIN 489K Field Work in Physical Activity Settings - Fieldwork in Wilderness Studies (1-3)  
Prerequisites: Completion of Kinesiology course requirements for the major option in which field work is taken. KIN 242, 244, 246 or 247, 243C or 245. Completion or corequisite of KIN 448, certification in CPR and First Aid, and consent of instructor.
- REC 427 Legal Aspects of Leisure Services (3)  
Prerequisites: Upper division standing.

Select three of the following:

- KIN 243A, 243C, 245; REC 430

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## Graduate Programs

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Two degree programs are available to the student: Master of Arts degree in Kinesiology with five Options and Master of Science degree in Kinesiology with four Options. The student may select the thesis/project track or the comprehensive examination track. The student who chooses the thesis/project track is required to complete a thesis or a project. The minimum unit requirement for the MA degree major program is 30 units for thesis/project students and 36 units for comprehensive examination students. The minimum unit requirement for the MS degree major program is 34 units for thesis/project students and 39 units for comprehensive examination students.

### Admission Criteria

1. A bachelor's degree from an accredited institution with a major in Kinesiology/Physical Education or the equivalent;
2. If a prospective graduate student has a baccalaureate degree in a field other than Kinesiology or Physical Education, he/she may be required to take prerequisite or foundational upper-division undergraduate coursework in Kinesiology. Students must consult with the Associate Chair for Graduate Studies and/or major advisor before enrolling in foundational courses. The courses, which vary depending on the student's academic background and Option, may be taken at CSULB or another college/university. All foundational coursework must be completed prior to Advancement to Candidacy.



3. An overall undergraduate GPA of 2.5 or better and an upper division Kinesiology/Physical Education major GPA of 2.75 or better;
4. A minimum cumulative score of 150 on the verbal, 141 on the quantitative and 3.5 on the analytical writing sections of the Graduate Record Examination.

### Advancement to Candidacy

1. Completion of the general University requirements for advancement to candidacy;
2. Fulfillment of the Graduation Writing Assessment Requirement (GWAR);
3. A graduate program must have approval of the student's advisor, Department Associate Chair for Graduate Studies, and Associate Dean of Graduate Students, Research, and Faculty Affairs for the College of Health and Human Services.

### Master of Arts in Kinesiology

Five options are under the Master of Arts degree in Kinesiology and are described below. The core courses for thesis students are KIN 696 and 698. The core course for comprehensive examination students is KIN 696.

#### Option in Adapted Physical Education

This option is designed to provide advanced preparation in adapted physical activity and the study of individuals with disabilities across the lifespan (preschool to adult).

#### Requirements

1. Take the following course:
  - KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.
2. Minimum of 12 units, take the following:
  - EDSP 577, 578; KIN 537, 638, 697
3. KIN 698 (4 units) for thesis/project students plus a minimum of 17 elective units;
4. Comprehensive exam students complete a minimum of 21 elective units.

#### Option in Coaching and Student-Athlete Development

#### Requirements

1. Take the following courses:
  - KIN 512 Legal and Ethical Issues in Sport (3)  
Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program; or consent of instructor.
  - KIN 577 Sport in U.S. Culture (3)  
Prerequisites: KIN 332I or equivalent.
  - KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.
2. For Student-Athlete Development students:
  - KIN 523 Theory and Practice of College Teaching in Kinesiology (3)  
Prerequisites: Graduate standing.
3. For Coaching students:
  - KIN 575 Psychology of Coaching (3)  
Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

4. Student-Athlete Development Students select five from the following list of elective courses:

KIN 572, 573, 575, 578, 593A, 597 or 697, 633; KIN/COUN 539; COUN 515.

5. Coaching students select five from the following list of elective courses:

KIN 523, 540, 551, 560, 562, 571, 572, 573, 593A, 593B, 597 or 697, 630, 633, KIN/COUN 539.

6. Thesis/Project students complete the following course:

KIN 698 Thesis/Project (4)

Prerequisites: KIN 590, 696, advancement to candidacy.

7. Comprehensive exam students complete a minimum of 9 additional elective units from #4 or 5 above that do not duplicate a previous selection.

### Option in Pedagogical Studies

This option is offered only through College of Continuing and Professional Education at a higher tuition rate.

Instruction is presented in an accelerated cohort program format over 24 months.

#### Requirements

1. Comprehensive exam students

Required courses:

KIN 524 Analysis of Teaching in Physical Education (3)  
Prerequisites: None.

KIN 525 Instructional Design in Physical Education (3)  
Prerequisites: Undergraduate major in physical education, EDST 300.

KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.

Take five of the following courses:

KIN 522, 526, 528, 537, 575, 580, 596

Take 12 elective units (36 units total)

2. Thesis/Project students

Required courses:

KIN 524 Analysis of Teaching in Physical Education (3)  
Prerequisites: None.

KIN 525 Instructional Design in Physical Education (3)  
Prerequisites: Undergraduate major in physical education, EDST 300.

KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.

KIN 698 Thesis/Project (4)

Prerequisites: KIN 590, 696, advancement to candidacy.

Take three of the following courses:

KIN 522, 526, 528, 537, 575, 580, 596

Take 8 elective units (30 units total)

### Option in Sport Management

This option is offered only through College of Continuing and Professional Studies at a higher tuition rate. Instruction is presented in an accelerated cohort program format over 18 months.

#### Requirements

Take all the following courses:

KIN 511 Sports Marketing, Development and Fund Raising (3)

Prerequisites: Graduate standing and a Baccalaureate Degree in Kinesiology/Physical Education or related field and admission to the Kinesiology Graduate Sports Management Program.

KIN 512 Legal and Ethical Issues in Sport (3)  
Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program; or consent of instructor.

KIN 513 Personnel and Facility Management in Athletics (3)  
Prerequisites: Graduate standing admission in to the Kinesiology Graduate Sport Management Program.

KIN 514 Sport Finance (3)  
Prerequisites: Graduate standing; admission in to the Kinesiology Graduate Sport Management Program.

KIN 521 Foundations of Sport Management (3)  
Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program.

KIN 577 Sport in U.S. Culture (3)  
Prerequisites: KIN 332I or equivalent.

KIN 591 Field Studies in Sport Event Management (3)  
Prerequisites: Graduate standing; admission to the Kinesiology Graduate Sports Management Program.

KIN 592A Sports Management Internship (6)  
Prerequisites: Graduate standing; admission to the Kinesiology Graduate Sports Management Program.

KIN 694 Capstone in Kinesiology (3)  
Prerequisite: KIN 696 and admission into a Kinesiology graduate program.

KIN 695 Seminar in Professional Literature (3)  
Prerequisites: KIN 590, 696.

KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.

### Option in Individualized Studies

This option is designed to provide the student with curriculum activities that combine one or more option areas into a program of study. This option is developed by the student with the advisement of a graduate faculty member and/or the Associate Chair for Graduate Studies. A statement of rationale for the proposal must accompany the program of study.

#### Requirements

1. Take the following course:  
KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.
2. Minimum of 15 units from 500 and/or 600 level coursework in KIN;
3. Thesis/Project students complete a minimum of 8 elective units (individualized) and the following course:  
KIN 698 Thesis/Project (4)  
Prerequisites: KIN 590, 696, advancement to candidacy.
4. Comprehensive exam students complete a minimum of 15 elective units.

### Master of Science in Kinesiology

Four options are under the Master of Science degree in Kinesiology and are described below. The core courses for thesis/project students are KIN 696 and 698. The core course for comprehensive examination students is KIN 696.

#### Option in Exercise Science

##### Requirements

1. Take the following courses:  
KIN 540 Biomechanical Factors in Human Movement (3)  
Prerequisites: KIN 300 or equivalent.

KIN 551 Advanced Exercise Physiology (3)  
Prerequisites: KIN 301 or equivalent and BIOL 207 or equivalent.

KIN 530 Neuromotor Control (3)  
Prerequisites: Graduate standing, KIN 312 or equivalent.

KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.

2. Elective Courses: Select six of the following courses:  
KIN 541, 552, 553, 562, 565, 566, 568, 594 or 595, 630, or 697 (18 units);
3. Thesis/Project students complete the following course:  
KIN 698 Thesis/Project (4)  
Prerequisites: KIN 590, 696, advancement to candidacy.
4. 9 units of electives from within or outside of the department offerings selected from appropriate areas of interest in consultation with advisor for comprehensive examination students.

### Option in Sport and Exercise Psychology

#### Requirements

1. Take the following courses:  
KIN 512 Legal and Ethical Issues in Sport (3)  
Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program; or consent of instructor.  
KIN 572 Applied Sport Psychology (3)  
Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.  
KIN 577 Sport in U.S. Culture (3)  
Prerequisites: KIN 332I or equivalent.  
KIN 578 Psychological Aspects of Exercise and Fitness (3)  
Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.  
KIN 633 Seminar in Sport Psychology (3)  
Prerequisites: KIN 339I or consent of instructor.  
KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.
2. Two of the following courses:  
KIN 523, 541, 551, 571, 573, 575, 597 or 697, 630; PSY 536, 553, 575, 633, 634, 637, 678;
3. Thesis/Project students complete a minimum of 5 units from #2 above that do not duplicate a previous selection and the following course:  
KIN 698 Thesis/Project (4)  
Prerequisites: KIN 590, 696, advancement to candidacy.
4. Comprehensive exam students complete a minimum of 15 elective units from #2 above that do not duplicate a previous selection.

### Option in Sports Medicine and Injury Studies

#### Requirements

1. Take the following courses:  
KIN 540 Biomechanical Factors in Human Movement (3)  
Prerequisites: KIN 300 or equivalent.  
KIN 551 Advanced Exercise Physiology (3)  
Prerequisites: KIN 301 or equivalent and BIOL 207 or equivalent.

- KIN 560 Health Related Problems in Sport (3)  
Prerequisites: KIN 207 and 301 or their equivalents and BIOL 207 and 208 or their equivalents.
- KIN 561 Musculoskeletal Injuries in Sport (3)  
Prerequisites: KIN 207 and 300 or their equivalents and BIOL 208 or its equivalents.
- KIN 562 Advanced Strength and Conditioning (3)  
Prerequisites: KIN 300, 301.
- KIN 633 Seminar in Sport Psychology (3)  
Prerequisites: KIN 339I or consent of instructor.
- KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.
- KIN 697 Directed Studies (1-3)  
Prerequisites: KIN 590, 696, advancement to candidacy.

2. Thesis/Project students complete a minimum of 6 elective units and the following course:  
KIN 698 Thesis/Project (4)  
Prerequisites: KIN 590, 696, advancement to candidacy.
3. Comprehensive examination students complete a minimum of 15 elective units.

## Option in Exercise Physiology and Nutrition

### Requirements

1. Take the following courses:
    - KIN 551 Advanced Exercise Physiology (3)  
Prerequisites: KIN 301 or equivalent and BIOL 207 or equivalent.
    - KIN 552 Exercise Testing and Training in Health and Disease (3)  
Prerequisites: KIN 301 or equivalent and BIOL 207 or equivalent.
    - KIN 566 Biochemical and Hormonal Adaptations to Physical Activity (3)  
Prerequisites: Upper-division undergraduate or Graduate standing; KIN 301 or equivalent; CHEM 111A or its equivalent. Consent of instructor required for upper-division undergraduate students prior to registration.
- Take one of the following:
- KIN 696 Research Methods and Statistical Analysis (3)  
Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.
  - FCS 696 Research Methods (3)  
Prerequisites: Upper-division course in statistics.
2. Select three from the following list of courses:  
KIN 553, 562, 565, 568 and 594, or 595;
  3. Select three from the following list of courses:  
KIN 568; FCS 530A, 530B, 531, 536, 539, 655A;
  4. KIN 698 or FCS 698 (4 units) for thesis/project;
  5. A minimum of 9 elective units approved by the advisor for comprehensive exam students.

## Single Subject Teaching Credential in Physical Education

For information, refer to the undergraduate section in this department.

## Certificate in Kinesiotherapy

This program is designed to prepare the student to pass the American Kinesiotherapy Association (AKTA) Certification Test. AKTA certification will qualify the therapist

to provide therapeutic physical activities in rehabilitation settings including clinics, hospital, schools, universities, convalescent home and other private and public institutions or private practice. The student will complete the Option in Kinesiotherapy in the undergraduate curriculum plus 19 additional units. Information concerning the certificate can be obtained from the Director of the Kinesiotherapy Program in the Department of Kinesiology.

Students may only pursue the certificate program in combination with a CSULB degree program.

### Requirements

1. Admissions application and approval by Director
2. Completion of the degree requirements of the Bachelor of Science: Option in Kinesiotherapy with a cumulative GPA of 2.75 or better.
3. Students must maintain a 3.0 GPA to continue and to receive the certificate
4. Course work

KIN 405 Cardiopulmonary Aspects of Health-Related Exercise Programs (4)  
Prerequisites: KIN 210 or current First Aid and CPR certificates, KIN 301.

KIN 488 Clinical Basis of Kinesiotherapy (3)  
Prerequisites: Completion of Bachelor's degree in Kinesiology, Physical Therapy, Exercise Physiology, or Kinesiotherapy and admission into the Kinesiotherapy Certificate Program and successful completion of a course(s) in pathological and neurological foundations of rehabilitation or approval of the Director of the Kinesiotherapy Certificate Program.

KIN 489F Fieldwork in Kinesiotherapy  
Prerequisite: Completion of Kinesiology course requirements for the major Option in which field work is taken.

KIN 588L Kinesiotherapy Clinical Training I Lab (6)  
Corequisites: KIN 588.

KIN 589L Kinesiotherapy Clinical Training II (3)  
Corequisites: KIN 589.

\*Students planning to enroll in Kinesiotherapy Option, fieldwork and internship courses are required to attain current certification in First Aid and Cardiopulmonary Resuscitation (CPR) prior to enrollment by completing the American Red Cross Course: CPR/AED Certification for the Healthcare Provider & the Professional Rescuer or the American Heart Association Course: BLS for Healthcare Providers

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## Kinesiology Courses (KIN)

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### ACTIVITY COURSES

#### 100-198. Physical Education Activity (1)

Broad range of physical education activities designed to provide opportunities to meet health, physical and recreational needs and interests.

Maximum of 8 units may be applied toward University graduation requirement. Students assume responsibility for satisfactory health status appropriate for class activity. May be offered at beginning (I), intermediate (II), and advanced (III) levels. All classes are co-educational, students may enroll in activity courses offered by Department of Kinesiology. Classes offered within areas are:

#### Individual/Dual Activities (1)

100A. Archery. Course fee may be required.

100B. Intermediate Archery

Prerequisites: KIN 100A or consent of instructor.

- 102A. Badminton  
 104A. Bowling. Course fee may be required.  
 104B. Advanced Bowling  
 Prerequisite: KIN 104A or consent of instructor.  
 108A. Golf  
 112A. Racquetball  
 114A,B,C. Tennis  
 145A. Gymnastics  
 152A. Yoga

**Combative Activities (1)**

- 106A. Fencing-Foil  
 107A. Fencing-Sabre  
 109A. Fitness Walking (1)  
 110A. Triathlon Fitness (1)  
 148A. Karate  
 149A. Self Defense

**Aquatics (1)**

- 121A. Sailing. Course fee may be required.  
 124A. Surfing  
 125A,B. Swimming  
 126A. Swimming Conditioning  
 127A. Aqua Aerobics (1)

**Fitness Activities (1)**

142. Group Exercise: Cardio  
 146A. Jogging  
 151A. Weight Training and Conditioning  
 152B. Intermediate Yoga  
 Prerequisite: KIN 152A or consent of instructor.

**Team Activities**

- 161A. Basketball  
 162A. Beach Volleyball  
 165A. Flag Football  
 166. Rugby  
 167A. Soccer  
 168A. Ultimate Frisbee (1)  
 169A. Softball  
 172A,B,C. Volleyball

**Recreational Dance**

- 183A. Recreational Dance Workshop  
 183B. Recreational Dance Workshop II  
 Prerequisites: KIN 183A, 185, or consent of instructor.  
 184. Formation Dancing  
 Prerequisite: KIN 183B or consent of instructor.  
 188. Salsa  
 185. Social Dance

**198. Special Activities**

- F. Group Exercise: Dance Conditioning (1-3)  
 G. Tai Chi Chuan (1)  
 H. Chinese Sword Combat for Sport (1)  
 J. Mat Pilates Level I (1)  
 K. Kung Fu (1)  
 L. Group Exercise: Stretch and Relaxation (1)

\* See Physical Education professional courses for additional activities open to non-majors.

**PROFESSIONAL COURSES**

Kinesiology majors and minors will be given priority enrollment in classes required for the major. Selected courses are available to the general student body to receive credit toward general education requirements.

**LOWER DIVISION**

**143. Individual Conditioning (1)**

Designed to introduce the student to the activities, equipment, and techniques used in the development of conditioning programs tailored to one's individual needs.

May be repeated to a maximum of 8 units.

**156. Sports Appreciation (3)**

Prerequisite/Corequisite: GE Foundation requirement.

Introduction to the study of sport as a social institution in American society.

**157. Fitness for Living (3)**

Prerequisite/Corequisite: GE Foundation requirement.

Analysis and implementation of the concepts related to exercise for health and fitness.

(Lecture 2 hours, Activity 2 hours.)

**189. Country Dancing (1)**

Instruction and practice in various country dance forms including line dancing, two-step, waltz, contra dancing, round dancing, and mixers. Useful for lifelong fitness, socialization, and recreation.

May be repeated to a maximum of 8 units.

**200. Psychological Skills for Peak Performance in Sport (3)**

Introduction of psychological strategies and skills designed to help individuals achieve optimal performance. Skills such as imagery, goal setting, self-talk, attentional focusing, arousal regulation, and coping are presented.

(Lecture, 3 hours)

**210. Advanced Emergency Care (3)**

Theory and practice of first aid for the injured. Successful completion of course requirements leads to the American National Red Cross advanced first aid and personal safety and community CPR certificate. Course fee may be required.

**217. Introduction to Kinesiotherapy (2)**

Introduction to profession of Kinesiotherapy intended to provide student with information regarding history of the profession, its educational expectations, standards and scope of practice and a survey of basic skills needed to enter this field of study.

Letter grade only (A-F).

**218. Introduction to the Fitness Industry (2)**

Prerequisites: Open to Fitness Option students in Kinesiology only or by consent of instructor.

An introduction to the Fitness profession which will provide the student with information regarding the history of the fitness industry, its educational expectations, standards and scope of practice basic skills needed to enter the field, and career options.

Letter grade only (A-F).

**237. Techniques and Analysis of Aquatic Skills (2)**

Prerequisites: KIN 125A or 125B or consent of instructor, American Red Cross Community First Aid and CPR certifications or equivalent. Open to Kinesiology majors in the Adapted, Elementary, and Secondary Physical Education options. To maintain enrollment, students must pass the swimming proficiency examination that will be administered the first week of instruction.

Instruction and techniques in individual aquatic skills, hydrodynamic and movement principles, and an exposure to a variety of learning procedures applicable to the development of aquatic skills.

Letter grade only (A-F). (Lecture 1 hour, Laboratory 3 hours.)

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## Kinesiology Courses (KIN)

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### 242. Backpacking (2)

An experiential examination and analysis in the judgment, knowledge, equipment and skills necessary to safe wilderness travel and living.

2-3 day field experience required. Course fee may be required.

### 243A. Winter Mountain Expedition (3)

Introduction to winter mountaineering skills; study of the mountain environment.

(Activity 6 hours). (Field experience required). Course fee may be required.

### 243C. Desert Expedition (3)

Introduction to the skills, attitudes and knowledge required for safe use and enjoyment of desert areas. An interdisciplinary introduction to the meaning and significance of the desert. Trip planning, map use, methods of safe travel.

Course includes field trip. Course fee may be required. (Activity 6 hours.)

### 244. Kayaking (2)

An experiential examination and analysis of the judgment, knowledge, equipment and skill development necessary to safe flat and whitewater kayaking.

2-3 day field experience required. Course fee may be required. (Activity 4 hours.)

### 245. Wilderness Water Expedition (3)

Introduction to the skills, attitudes and knowledge required for safe use of varied types of wilderness waters. The skills and techniques of boat handling and trip planning. An interdisciplinary introduction to the study of waterways.

(Activity 6 hours.) 2-3 day field experience required. Course fee may be required.

### 246A. Mountaineering (2)

An experiential examination and analysis in the judgement, knowledge, equipment and skills necessary to safe mountaineering.

Course includes field trip. Letter grade only (A-F). (Activity 4 hours.) Course fee may be required.

### 247A. Techniques of Rockclimbing (2)

Introduction to the basic skills, judgment and safety for technical rockclimbing. The skills and techniques of top roping, belaying rappels and self rescue.

Includes a field trip. Course fee may be required. (Activity 4 hours.)

### 250. Techniques of Basketball (1)

Instruction in individual and team skills and techniques utilized in the sport of basketball for successful performance.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 251. Techniques of Flag Football (1)

Open to Kinesiology majors and minors only.

Instruction and practice in catching, throwing, tackling, running. Comprehensive teaching of skills and techniques in Flag Football.

Letter grade only (A-F).

### 253. Techniques of Soccer (1)

Instruction in individual and team skills and techniques utilized in the sport of soccer for successful performance.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 255. Techniques of Softball (1)

Instruction and practice in catching, throwing, hitting, sliding, base running, and bunting. Comprehensive teaching of skills and techniques in softball.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 257. Techniques of Volleyball (1)

Instruction in individual and team techniques utilized in the sport of volleyball.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 261. Techniques and Analysis of Fundamental Rhythms (2)

Instruction, practice, teaching, and analysis of floor patterns and rhythm variations of basic social and folk dances and their appropriateness for successful teaching of various age groups and skill levels in the public schools.

Open to Kinesiology Pedagogy Majors only. Letter grade only (A-F). (Activity 4 hours.)

### 263. Techniques of Physical Fitness (2)

Consists of instruction, practice, and evaluation in physical fitness. Cardiorespiratory, muscular strength and endurance, and flexibility activities will be emphasized within the course.

Open to Kinesiology majors only or consent of instructor. Not open for credit to Kinesiology majors in the pedagogy options. Letter grade only (A-F). (Discussion 1 hour, Laboratory 3 hours.)

### 264. Techniques of Golf (1)

Instruction and techniques in individual skills and strategies for successful performance in golf.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 265. Techniques of Gymnastics (1)

Open to Kinesiology majors and minors only.

Techniques and instruction of the principles of movement in gymnastics as well as organizational strategies utilized in presenting gymnastics in Physical Education classes.

Letter grade only (A-F).

### 266. Techniques of Badminton (1)

Instruction and techniques in the skills and strategies for successful performance in badminton.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 267. Techniques of Tennis (1)

Instruction, techniques and analysis in the concepts of teaching, coaching, and playing tennis.

Open to Kinesiology majors and minors only. (Activity 2 hours.)

### 268. Techniques of Track and Field (1)

Instruction, techniques and analysis in the concepts of teaching, coaching, and performance in track and field.

Open to Kinesiology majors and minors only. Letter grade only (A-F) (Activity 2 hours.)

### 270. Professional Practices in Public School Physical Education (3)

Prerequisite: Students must meet the University GE writing course requirement. Corequisite: Community CPR/First Aid/Safety or current certification.

Provides an overview of current professional practices in public school physical education. Students plan, teach, and self-evaluate lessons. Required introductory course for Adapted, Elementary and Secondary Pedagogy options after 30 units of college course work.

Open to Kinesiology majors in the Adapted PE Option and K-12 PE Option. Letter grade only (A-F). (Lecture 2 hours, Lab 2 hours.)

## UPPER DIVISION

### 300. Biomechanics of Human Movement (3)

Prerequisites: BIOL 208 or equivalent.

Anatomical structure and function, and mechanical principles relating to human motion, including analytical application.

(Lecture 2 hours, laboratory 3 hours.)

### **301. Exercise Physiology (3)**

Prerequisites: BIOL 207 or equivalent 4-unit Human Physiology course with 3-hour lecture and 3-hour laboratory with grade of "C" or better or consent of instructor.

Basic concepts of the physiology of muscular exercise with emphasis on the responses and adaptations of the circulatory system, the respiratory system, and skeletal muscles to the physical stress of acute and chronic exercise.

(Lecture 2 hours, Laboratory 3 hours). Course fee may be required.

### **312. Motor Control and Learning (3)**

Prerequisites: For KIN majors: BIOL 207, 208; PSY 100. For PSY Neuroscience majors: BIOL 208, 342; PSY 100.

Basic concepts of the neuro-motor and psychological contributions in the control and acquisition of skilled performance.

Letter grade only (A-F). (Lecture 2 hours, Activity 2 hours)

### **315. Motor Development (3)**

Prerequisites: BIOL 207, 208; PSY 100 or equivalent.

Developmental perspective of factors contributing to acquisition of motor control from infancy through adolescence.

(Lecture 2 hours, Activity 2 hours)

### **320. Adapted Physical Education (3)**

Prerequisites: BIOL 208.

Kinesiology majors learn to teach physical activity to persons with disabilities. Discussed are the etiology characteristics and best teaching practices (i.e., inclusion) for persons with mental, learning physical, emotional, sensory, health, and/or multiple disabilities.

(Lecture 2 hours, Activity 2 hours).

### **332I. Sociocultural Dimensions of Sport and Human Movement (3)**

Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper-division standing.

Socio-cultural and psychological correlations to human movement.

### **335. Historical and Cultural Foundations of Sport and Kinesiology in America (3)**

Prerequisites: Upper division standing.

Survey of the history of sport and kinesiology. Historical identification of the cultural trends and functions of sport and kinesiology in America.

Open to Kinesiology Majors only.

### **338I. Women in Sport (3)**

Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper-division standing.

Survey of women's historical and contemporary involvement with sport. The social, cultural and developmental implications of sports participation for women.

### **339I. Psychology of Sport Behavior and Athletic Performance (3)**

Prerequisites: GE Foundation requirements, PSY 100, and upper-division standing.

Psychological dimensions of attitudes, behaviors, and performance in sport and exercise environments.

Same course as PSY 339I. Not open for credit to students with credit in PSY 339I.

### **343. Techniques and Analysis of Physical Fitness and Activity (2)**

Prerequisite: KIN 270.

Knowledge needed to plan and implement physical activity programs in public school. Analysis of development, maintenance, implementation, and self-assessment of physical fitness. Designed to prepare for FITNESSGRAM assessments and Department's Physical Fitness Proficiency Examination.

Open to Kinesiology/Physical Education Pedagogy Majors and Minors only. Letter grade only (A-F). (Lecture 1 hour, Activity 3 hours).

### **354. Technology in Physical Education (3)**

Overview of education technology applications, specifically wordprocessing, spreadsheet, video technology, web-based information, internet related software and technologies, pdf documents, personal digital assistants (PDAs) and use of commercially produced education software.

Meets computer technology requirement for California Single Subject Teaching Credential. Letter grade only (A-F). (Lecture 2 hours, laboratory 2 hours).

### **363. Theory and Analysis of Group Fitness Instruction (2)**

Prerequisite: KIN 263. Open to Fitness Option students in Kinesiology only, or consent of instructor.

Learn to become effective group exercise leaders by understanding responsibilities of fitness leaders, principles of fitness, and leadership skill. Techniques for various group exercise activities will be taught.

Letter grade only (A-F). (Discussion 1 hour, Activity 2 hours.)

### **364. Fitness for Adult Populations with Unique Health Considerations (3)**

Prerequisites: KIN 301. Open to Fitness Option students in Kinesiology only, or consent of instructor.

Scientific information regarding exercise testing and exercise prescription for adult special populations. Topics include pregnancy, diabetes, arthritis, stroke, respiratory disorder, coronary artery disease, hypertension, and obesity.

Letter grade only (A-F).

### **367. Fitness and the Aging Process (3)**

Prerequisites: KIN 301. Open to Fitness, Kinesiotherapy and Exercise Science Option students in Kinesiology only, or consent of instructor.

Provides knowledge in the area of fitness and the older adult. Topics include theories of aging, age-related changes that affect physical capacity, exercise and its impact on the aging process, and physical activity programming for the older adult.

Letter grade only (A-F). (Discussion 2 hours, Laboratory 2 hours.)

### **368. Resistance Training for Fitness (3)**

Prerequisites: KIN 300 and 301. Open to Fitness, Athletic Training and Exercise Science Option students in Kinesiology only, or consent of instructor.

Designed to provide the student with theoretical knowledge and practical skills needed to become a personal trainer. The course covers such topics as the business of personal training, client-trainer relationships, fitness and health assessments and exercise prescription.

Letter grade only (A-F). (Discussion 2 hours, Activity 2 hours.)

### **370. Movement Theory and Practice of Elementary Physical Education (3)**

Prerequisite: KIN 270.

Provides Kinesiology Physical Education Teacher Education (PETE) Option candidates with movement theory and practice in elementary school physical education based upon California Physical Education Framework and Content Standards. Practice includes fieldwork experiences in elementary school physical education.

Designed for Kinesiology majors. (Lecture 2 hours, Activity 2 hours)

### **380. Principles, Organization and Management of Secondary School Physical Education (3)**

Prerequisites: KIN 149, 237, 250, 253, 255, 257, 261, 264, 265, 266, 267, 268, 343, 370 or consent of instructor. Corequisite: EDSS 300P.

Principles, organization and management of activities taught in secondary schools, includes basic organization and management strategies and fieldwork experience in public secondary school physical education.

Letter grade only (A-F). (Lecture 2 hours, Activity 2 hours.)

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## Kinesiology Courses (KIN)

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### 387. Physical Activities for the Disabled (3)

Prerequisites: KIN 320, 427. Corequisite: KIN 489A.

Adaptation of physical activities, equipment, and facilities for individuals with permanent disabilities affecting motor performance.

(Lecture 2 hours, Activity 2 hours)

### 388. Program Planning and Instruction in Adapted Physical Education (3)

Prerequisite: KIN 387. Corequisite: KIN 489A.

Emphasis on program planning and the development of teaching skills in Adapted Physical Education.

(Lecture 2 hours, Activity 2 hours)

### 405. Cardiopulmonary Aspects of Health-Related Exercise Programs (4)

Prerequisites: KIN 210 or current First Aid and CPR certificates, KIN 301. Open to Exercise Science Option students in Kinesiology only, or consent of instructor.

Theory and practical application of physical fitness assessment. Emphasis will be placed on the use of assessments to design and implement basic fitness programs for apparently healthy individuals.

Letter grade only (A-F). (Lecture 3 hours, Laboratory 3 hours)

### 427./527. Physical and Motor Assessment (3)

Prerequisites: KIN 315 or equivalent and KIN 320 or equivalent; upper-division undergraduate or graduate standing; consent of instructor required for graduate students prior to registration.

The selection, administration, and interpretation of standardized and informal tests used in the physical and motor assessment practices of individuals with disabilities.

Upper-division students register in KIN 427; Graduate students register in KIN 527. Letter grade only (A-F). (Lecture 2 hours, Activity 2 hours)

### 430. Motor Control Principles and Theory (3)

Prerequisite: KIN 312 or equivalent. Open to Exercise Science Option students in Kinesiology only, or consent of instructor.

Study of the principles, models, and theories of human movement control. Instruction is directed toward understanding the fundamental principles, theoretical propositions, and neuro-kinesiological models, with applications to sport, physical education, human factors, and human performance.

Letter grade only (A-F).

### 431. Scientific Foundations of Locomotion (3)

Prerequisites: KIN 300, 312. Open to Exercise Science Option students in Kinesiology only, or consent of instructor.

Instruction is directed towards understanding the influence of motor control theories, biomechanical principles, and constraints to human movement on locomotion.

Letter grade only (A-F).

### 432. Applied Motor Learning (3)

Prerequisites: KIN 300 and 312.

Provides students with an applied perspective of Motor Learning. Motor learning topics addressed include: theory, research, and application. Focuses on requiring students to apply various motor learning concepts into real world environments.

Letter grade only (A-F).

### 438. Motor Dysfunction and the Exceptional Person (3)

Prerequisites: A basic undergraduate course in Adapted Physical Education or its equivalent.

Recognition, analysis, assessment and remediation of movement problems in a child with minor nervous system dysfunctions.

### 441./541. Applied Biomechanics: Lifting and Work Capacity (3)

Prerequisites: KIN 300 or equivalent (Trigonometry and PHYS 100A recommended). Open to Exercise Science Option students in Kinesiology only, or consent of instructor.

Study of the mechanical properties of bone, ligament, tendon and skeletal muscle. Development, description, and application of selected biomechanical models to the evaluation of weight-lifting, rehabilitation exercises, and occupational lifting tasks. Critical analysis of methods used to assess strength.

Letter grade only (A-F).

### 448. Wilderness Studies: Leadership Practicum (3)

Analysis and practice of the leadership and teaching techniques appropriate to the conduct of wilderness adventure programs.

Course fee may be required.

### 457. Applied Theory of Teaching Team Sports (3)

Prerequisites: KIN 250, 251, 253, 255, 257, 270 or consent of instructor; senior standing.

Comprehensive analysis of the principles of movement, corrections of performance, and organizational strategies utilized in presenting team sports: basketball, flag football, soccer, softball, volleyball, floor hockey, speedball, and team handball.

Letter grade only (A-F). (Lecture 2 hours, activity 2 hours.)

### 460. Applied Theory and Analysis of Non-Traditional Physical Education Games and Activities (2)

Prerequisites: KIN 370, senior standing.

Organization and management to effectively plan and implement a variety of non-traditional physical education games and activities such as cooperative games, problem solving activities, collaborative learning groups, and outdoor educational experiences.

Letter grade only (A-F). Open to Kinesiology majors and minors only. (Lecture 1 hour, Laboratory 3 hours.)

### 461. Applied Theory of Teaching Individual and Dual Sports (3)

Prerequisites: KIN 237, 264, 265, 266, 267, 268, 270, or consent of instructor; senior standing.

Comprehensive analysis of the principles of movement and organizational strategies utilized in archery, badminton, golf, paddle tennis, pickleball, racquetball, tennis, swimming, orienteering, and track and field.

Open to Kinesiology majors in the Adapted PE Option and K-12 PE Option. Letter grade only (A-F). (Lecture 2 hours, Activity 2 hours.)

### 462./562. Advanced Strength and Conditioning (3)

Prerequisites: KIN 300, 301. Open to Exercise Science and Fitness Option students in Kinesiology only, or consent of instructor.

Study of biomechanical and kinesiological factors which are important in understanding the function and proper techniques for execution of a wide variety of standard and advanced weight training exercises. Physiological bases for strength training and adaptations caused by different training regimes are emphasized.

Letter grade only (A-F).

### 465./565. Clinical Exercise Electrocardiography (3)

Prerequisites: BIOL 207 and KIN 301. Open to Exercise Science and Fitness Option students in Kinesiology only, or consent of instructor.

Study of the physiology and patho-physiology of the electrical activity of the heart. Instruction is directed toward pattern recognition of normal and abnormal resting and exercise electrocardiograms.

### 466./566. Biochemical and Hormonal Adaptations to Physical Activity (3)

Prerequisites: KIN 301 or equivalent; CHEM 111A or its equivalent. Open to Exercise Science Option students in Kinesiology only, or consent of instructor.

Study of the biochemical and hormonal changes that occur as a result of acute and chronic physical activity. Emphasis will be placed on the application of concepts to the development of exercise

training programs.

Consent of instructor required for upper-division undergraduate students prior to registration. Upper-division undergraduate students register in KIN 466; graduate students register in KIN 566. Letter grade only (A-F). Same course as NUTR 466. Not open for credit to students with credit in NUTR 466.

### **467. Fundamentals of Personal Training (3)**

Prerequisites: KIN 368. Open to Fitness Option students in Kinesiology only, or consent of instructor.

Designed to provide the student with theoretical knowledge and practical skills needed to become a personal trainer. Covers such topics as the business of personal training, client-trainer relationships, fitness and health assessments and exercise prescription.

Letter grade only (A-F). (Discussion 2 hours, Laboratory 3 hours.)

### **468./568. Nutrition for Exercise and Performance (3)**

Prerequisites: NUTR 132, KIN 301 for the KIN Fitness option and the KIN Exercise Science option or BIOL 207 for the Nutrition and Dietetics option.

Explores role nutrients play in exercise and performance enhancement. Topics include evaluation of energy needs during physical activity, examination of weight management practices, assessment of nutritional status, and investigation of contemporary dietary issues related to exercise.

Letter grade only (A-F). Same course as NUTR 468. Not open for credit to students with credit in NUTR 468. Open to Kinesiology undergraduate students in the Fitness and Exercise Science options and to the Nutrition and Dietetics option in Family and Consumer Sciences.

### **469. Fitness Management (3)**

Prerequisite: KIN 363, 368. Open to Fitness Option students in Kinesiology only, or by consent of instructor.

Provides knowledge in the area of management of fitness programs. Topics will include program development, personnel issues, financial and legal considerations, equipment purchasing, and marketing strategies for fitness programs.

Open to Fitness Option students in Kinesiology only, or by consent of instructor. Letter grade only (A-F).

### **471./571. Technological Applications in Sport and Exercise Science (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Learning and application of advanced computer and technology skills such as biofeedback, video analysis software, advanced audio and video recording, software for presentations and interactive workshops, worldwide communications, and distance learning/consultations.

Letter grade only (A-F). Undergraduates register in KIN 471; graduates register in KIN 571. A written report is required for KIN 571 students.

### **472./572. Applied Sport Psychology (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Application of psychological skills and interventions to enhance athletic performance.

Letter grade only (A-F). Undergraduates register in KIN 472; graduates register in KIN 572. A written report is required for KIN 572 students.

### **475./575. Psychology of Coaching (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Current topics of psychological concern and application as related to athletic performance.

Letter grade only (A-F). Undergraduates register in KIN 475; graduates register in KIN 575. A written report is required for KIN 575.

### **476. Physical Education for the Elementary School Teacher (3)**

Prerequisite: Junior standing.

Provides Multiple Subject Credential candidates with knowledge and experiences necessary to teach quality physical education lessons based upon the California Physical Education Framework and Content Standards. Content includes the FITNESSGRAM Program (state fitness test) and subject integration activities.

(Lecture 2 hours, Activity 2 hours)

### **477. Measurement and Curriculum in Physical Education (3)**

Prerequisite: KIN 343 and KIN 370 or consent of instructor

Course provides students with experiences in content development, program implementation, and evaluation of a physical education program. This service-learning component allows students to teach and critically reflect on subject matter while assisting a population in need.

Letter grade only (A-F). (2 hours lecture discussion, 2 hours lab)

### **478./578. Psychological Aspects of Exercise and Fitness (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Philosophical, psychological and behavioral concepts of physical activities and health states will be discussed. Professional standards and invention strategies will be covered.

Letter grade only (A-F).

Undergraduates register in KIN 478; graduates register in KIN 578; A written report is required for KIN 578.

### **483. Statistics in Human Movement Science (3)**

Prerequisites: KIN 300, 301, 312.

Evaluation and analysis of measuring devices and resulting data used in Kinesiology. Interpretation of data using appropriate statistical analyses.

(Lecture 2 hours, Activity 2 hours)

### **485. Neurological and Pathological Foundations for Kinesiotherapy (3)**

Prerequisites: BIOL 207, 208; KIN 300, 301, 320, 489F, or consent of instructor.

Survey of neurological control of normal movement and the implications of various medical pathologies for rehabilitation. Emphasis on inflammatory processes, metabolic and vascular disturbances, traumatic injuries, nutritional deficiencies, neoplasms, degenerative conditions and congenital disorders as related to the practice of Kinesiotherapy.

Letter grade only (A-F).

### **487./587. Supervised Activity Instruction Experience (1-3)**

Prerequisite: Upper division or graduate standing and consent of instructor.

Experience in the organization of and methods for the activity component of a course in kinesiology. A written report is required for KIN 587 students.

Undergraduates register in KIN 487; graduates register in KIN 587. May be repeated to a maximum of 4 units. Letter grade only (A-F). Restricted to major students only. Not open for credit to graduate students with credit in KIN 487. (Conference 1 hour, Laboratory 2 hours per unit.)

### **488./588. Clinical Basis of Kinesiotherapy (3)**

Prerequisites: Completion of Bachelor's degree in Kinesiology, Physical Therapy, Exercise Physiology, or Kinesiotherapy and admission into the Kinesiotherapy Certificate Program and successful completion of a course(s) in pathological and neurological foundations of rehabilitation or approval of the Director of the Kinesiotherapy Certificate Program.

The theoretical foundations of clinical practice in Kinesiotherapy.

Letter grade only (A-F).



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## Kinesiology Courses (KIN)

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### 489. Field Work in Physical Activity Settings (1-3)

Prerequisite: Completion of Kinesiology course requirements for the major Option in which field work is taken.

Supervised practice in working with individuals or small to large groups in public or private agencies and schools.

Credit/No Credit grading only. May be repeated to a maximum of 9 units.

- A. Fieldwork in Adapted Physical Education
- B. Fieldwork in Athletic Coaching
- D. Fieldwork in Fitness

Additional Prerequisites: KIN 467, completion of 200 hours in a corporate fitness setting, 200 hours in a traditional fitness setting, and 100 hours of approved fitness experience. Open to Fitness Option students in Kinesiology only.

- F. Fieldwork in Kinesiotherapy
- G. Fieldwork in Motor Development
- K. Fieldwork in Wilderness Studies

Additional Prerequisites: KIN 242, 244, 246 or 247, 243C or 245. Completion or corequisite of KIN 448, certification in CPR and First Aid, and consent of instructor. Supervised experience and practice working with individuals and groups in public/private agencies and schools involved in wilderness activities. May enroll in 1-3 units of fieldwork. Each unit is equivalent to 40 hours of fieldwork assignment. 120 hours minimum required for 3 units, of which at least 40 hours with CSULB Wilderness Studies Program. Balance of hours with public/private agencies.

### 494./594. Exercise Science Internship (3)

Prerequisites: Upper-division or graduate standing with a grade of "B" or better in KIN 300 for a biomechanics internship or KIN 301 for an exercise physiology internship or KIN 312 for a motor control and learning internship; consent of instructor required prior to registration.

Provides practical experience in applying exercise science concepts in a fieldwork setting such as cardiac rehabilitation in a medical setting.

Upper-division undergraduate students register in KIN 494; Graduate students register in KIN 594. Letter grade only (A-F). May be repeated to a maximum of 6 units.

### 495./595. Supervised Laboratory Methods (1-3)

Prerequisites: Upper division or graduate standing and consent of instructor.

Provides experience in the methods of the laboratory component for a Kinesiology course, for example, assisting students with their experiments and laboratory reports.

Undergraduates register in KIN 495; graduates register in KIN 595. A written report is required for KIN 595 students. Letter grade only (A-F). Restricted to Kinesiology major students only. Not open for credit to graduate students with credit in KIN 495. (Conference 1 hour, Laboratory 2 hours per unit.) May be repeated to a maximum of 4 units.

### 497. Independent Study (1-3)

Prerequisites: Major or minor in physical education, senior standing and consent of Kinesiology Department.

Student will conduct independent library or laboratory research under the supervision of a faculty member and write a report of the investigation.

May be repeated to a maximum of 6 units. Letter grade only (A-F).

### 499. Selected Topics in Kinesiology (1-3)

Group investigation of topics of current interest in kinesiology or athletics.

May be repeated to a maximum of 6 units with different topics. Topics announced in the *Schedule of Classes*.

## GRADUATE LEVEL

### 511. Sports Marketing, Development, and Fund Raising (3)

Prerequisites: Graduate standing and a Baccalaureate Degree in Kinesiology/Physical Education or related field and admission to the Kinesiology Graduate Sports Management Program.

Provides students with an overview of sport marketing. It presents basic marketing terminology and discusses the application of marketing concepts to the development and promotion of the business of sport.

Letter grade only (A-F).

### 512. Legal and Ethical Issues in Sport (3)

Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program; or consent of instructor.

Examines legal and ethical issues associated with sport settings.

Letter grade only (A-F).

### 513. Personnel and Facility Management in Athletics (3)

Prerequisites: Graduate standing admission into the Kinesiology Graduate Sport Management Program.

Examines the principles and practices associated with managing personnel and facilities in interscholastic, intercollegiate, amateur, international, and professional sport.

Letter grade only (A-F).

### 514. Sport Finance (3)

Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program.

Discusses financial management principles for use in interscholastic, intercollegiate, amateur, international, and professional sports. Special emphasis is placed on understanding various means by which sport organizations control costs and increase revenue.

Letter grade only (A-F).

### 521. Foundations of Sport Management (3)

Prerequisites: Graduate standing; admission into the Kinesiology Graduate Sport Management Program.

Introduces students to the business of sport and the functional areas of Sport Management. Discusses the leadership/supervisory philosophies, principles, and practices of managing interscholastic, intercollegiate, amateur, international, and professional sport.

### 522. Non-Traditional Activities in K-12 Physical Education (3)

Prerequisite: Graduate standing; admission to the Master of Arts Program in Pedagogical Studies.

Plan, implement, and evaluate nontraditional games and activities. Emphasis is on meeting needs of diverse populations, including students with disabilities, problem-solving, assessment, safety and injury prevention, ethical issues, group discussion, analysis of school outdoor educational experiences.

Letter grade only (A-F).

### 523. Theory and Practice of College Teaching in Kinesiology (3)

Prerequisite: Graduate standing.

Designed to enhance the teaching knowledge and skills of persons who aspire to become or are currently college and university instructors of kinesiology through an examination of the principles and techniques of adult education associated with the discipline.

Letter grade only (A-F).

### 524. Analysis of Teaching in Physical Education (3)

Analysis of teachers and teaching in physical activity environment; focus on developing observational competencies, analysis of research completed and future research designs.

### **525. Instructional Design in Physical Education (3)**

Prerequisites: Undergraduate major in physical education, EDST 300.

A systems approach to designing instruction for the physical education program.

### **526. Applied Behavior Analysis in Physical Education (3)**

Application of applied behavior analysis principles to physical education (sport) with particular emphasis on single subject research designs and behavior analysis in the physical education setting.

### **527./427. Physical and Motor Assessment (3)**

Prerequisites: KIN 315 or equivalent and KIN 320 or equivalent. Upper-division undergraduate or Graduate standing.

Includes the selection, evaluation, administration and interpretation of various tests used in the physical and motor assessment practices of individuals with disabilities.

Consent of instructor required for graduate students prior to registration. Requirement toward the Adapted Physical Education Specialist Credential. Upper-division students register in KIN 427; Graduate students register in KIN 527. Letter grade only (A-F). (Lecture 2 hours, Activity 2 hours)

### **528. Promoting Physical Activity and Fitness in K-12 Physical Education (3)**

Prerequisite: Graduate standing; admission to the Master of Arts Program in Pedagogical Studies.

Develop physical education program plans that are in compliance with California State Content Standards for promoting physically active lifestyles and healthy physical fitness levels for all children, including those with special needs.

Letter grade only (A-F).

### **530. Neuromotor Control (3)**

Prerequisites: Graduate standing, KIN 312 or equivalent.

Study of the neurological and muscular contributions to the control of human movement with emphasis on application of concepts to sports, physical activity, and human factors. Instruction is directed toward understanding the fundamental principles of motor control.

Letter grade only (A-F).

### **537. Physical Education for Special Populations (3)**

Foundations in the organization and conduct of Adapted Physical Education.

### **539. Seminar in Student Athlete Development (3)**

Prerequisite: Graduate standing.

Examination of student-athlete administration and advising in higher education: history, principles, techniques, and professional standards for student-athlete programs and services.

Letter grade only (A-F). Same course as COUN 539. Not open for credit to students with credit in COUN 539.

### **540. Biomechanical Factors in Human Movement (3)**

Prerequisite: KIN 300 or equivalent.

Study of film, video and force plate data collection for human movement evaluation, including data smoothing techniques. Quantitative kinematic and kinetic analysis examples including gait, jumping and lifting activities. Comparison of 2D versus 3D analyses of movement activities.

Letter grade only (A-F).

### **541./441. Applied Biomechanics: Lifting and Work Capacity (3)**

Prerequisite: KIN 300 or equivalent (Trigonometry and PHYS 100A recommended).

Study of the mechanical properties of bone, ligament, tendon and skeletal muscle. Development, description, and application of selected biomechanical models to the evaluation of weight-lifting,

rehabilitation exercises, and occupational lifting tasks. Critical analysis of methods used to assess strength.

Letter grade only (A-F).

### **551. Advanced Exercise Physiology (3)**

Prerequisites: KIN 301 or equivalent and BIOL 207 or equivalent. Advanced concepts in exercise physiology. Letter grade only (A-F).

### **552. Exercise Testing and Training in Health and Disease (3)**

Prerequisites: KIN 301 or equivalent and BIOL 207 or equivalent  
Physiological principles of exercise testing and exercise training in healthy individuals and patients with diseases such as coronary artery disease.

Letter grade only (A-F).

### **553. Environmental Aspects of Human Performance (3)**

Prerequisites: Graduate standing; KIN 301 or equivalent with a grade of "C" or better or consent from the instructor.

Study of the physiological responses and adaptations associated with exposure to environmental stressors including heat, cold, microgravity, air pollution, and elevated and reduced atmospheric pressures. Emphasis will be placed upon physical performance and its limitations under various environmental conditions.

Letter grade only (A-F).

### **560. Health Related Problems in Sport (3)**

Prerequisites: KIN 207 and 301 or their equivalents and BIOL 207 and 208 or their equivalents.

Examination of health problems related to engaging in vigorous physical activity.

Letter grade only (A-F).

### **561. Musculoskeletal Injuries in Sport (3)**

Prerequisites: KIN 207 and 300 or their equivalents and BIOL 208 or its equivalent.

An in-depth study of the most prevalent musculoskeletal injuries occurring in sports activities, including mechanisms, tissue responses, and management procedures.

Letter grade only (A-F).

### **562./462. Advanced Strength and Conditioning (3)**

Prerequisites: KIN 300, 301.

Study of biomechanical and kinesiological factors which are important in understanding the function and proper techniques for execution of a wide variety of standard and advanced weight training exercises. Physiological bases for strength training and adaptations caused by different training regimes are emphasized.

Letter grade only (A-F).

### **565./465. Clinical Exercise Electrocardiography (3)**

Prerequisites: BIOL 207, KIN 301, and/or consent of instructor.

Study physiology and patho-physiology of electrical activity of the heart. Instruction directed toward pattern recognition of normal and abnormal resting and exercise electrocardiograms.

### **566./466. Biochemical and Hormonal Adaptations to Physical Activity (3)**

Prerequisites: Upper-division undergraduate or Graduate standing; KIN 301 or equivalent; CHEM 111A or its equivalent. Consent of instructor required for upper-division undergraduate students prior to registration.

Study of biochemical and hormonal changes that occur as a result of acute and chronic physical activity. Emphasis on application of concepts to development of exercise training programs.

Upper-division undergraduate students register in KIN 466; graduate students register in KIN 566. Letter grade only (A-F). Same course as FCS 566. Not open for credit to students with credit in FCS 566.

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## Kinesiology Courses (KIN)

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### **568./468. Nutrition for Exercise and Performance (3)**

Prerequisites: NUTR 132, KIN 301 for the KIN Fitness option and the KIN Exercise Science option or BIOL 207 for the Nutrition and Dietetics option.

Explores the role nutrients play in exercise and performance enhancement. Topics include evaluation of energy needs during physical activity, examination of weight management practices, assessment of nutritional status, and investigation of contemporary dietary issues related to exercise.

Letter grade only (A-F). Same course as FCS 568. Not open for credit to students with credit in FCS 568. Open to all graduate Kinesiology students in the Adapted Physical Education, Coaching and Student Athlete Development, Pedagogical Studies (for K-12 teachers), Sport Management, Individualized Studies, Exercise Science, Exercise Physiology and Nutrition, Sport and Exercise Psychology, and Sports Medicine and Injury Studies options and M.S. students in the Nutritional Science without Dietetic Internship, Nutritional Science with Dietetic Internship, and Food Science emphases and/or consent of instructor.

### **571./471. Technological Applications in Sport and Exercise Science (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Learning and application of advanced computer and technology skills such as biofeedback, video analysis software, advanced audio and video recording, software for presentations and interactive workshops, worldwide communications, and distance learning/consultations.

Letter grade only (A-F). Graduates register in KIN 571; undergraduates register in KIN 471. A written report is required for KIN 571 students.

### **572./472. Applied Sport Psychology (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Application of psychological skills and interventions to enhance athletic performance.

Letter grade only (A-F). Graduates register in KIN 572; undergraduates register in KIN 472. A written report is required for KIN 572 students.

### **573. History of Sport in the U.S.A. (3)**

Prerequisite: KIN 335 or equivalent.

An analysis of the history of American sport as it reflects the dominant themes in American society.

### **575./475. Psychology of Coaching (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Current topics of psychological concern and application as related to athletic performance.

Letter grade only (A-F). Graduates register in KIN 575; undergraduates register in KIN 475. A written report is required for KIN 575.

### **577. Sport in U.S. Culture (3)**

Prerequisite: KIN 332I or equivalent.

Analysis of physical activities in U.S. culture. Consideration of the relationships between sports and games and the factors of status, values, environment and cultural change.

### **578./478. Psychological Aspects of Exercise and Fitness (3)**

Prerequisites: KIN 339I; upper division standing or consent of instructor or graduate standing.

Philosophical, psychological and behavioral concepts of physical activities and health states will be discussed. Professional standards

and invention strategies will be covered.

Letter grade only (A-F).

Graduates register in KIN 578; undergraduates register in KIN 478; A written report is required for KIN 578.

### **580. Computer Applications in Physical Education (3)**

Prerequisites: Graduate standing, consent from instructor. Introduction to computer hardware and software used in Kinesiology including DOS/Windows and Apple Macintosh operating systems.

Topics include: hardware, operating systems, word-processing, spreadsheets, data exchange, presentation graphics/authoring tools, and video capture. Emphasis will be placed on integrating the use of hardware and software into a variety of Physical Education environments.

### **587./487. Supervised Activity Instruction Experience (1-3)**

Prerequisite: Upper division or graduate standing and consent of instructor.

Experience in the organization of and methods for the activity component of a course in kinesiology and physical education.

Undergraduates register in KIN 487; graduates register in KIN 587. A written report is required for KIN 587 students. May be repeated to a maximum of 4 units. Letter grade only (A-F). Restricted to major students only. Not open for credit to graduate students with credit in KIN 487. (Conference 1 hour, Laboratory 2 hours per unit.)

### **588./488. Clinical Basis of Kinesiotherapy (3)**

Prerequisites: Completion of Bachelor's degree in Kinesiology, Physical Therapy, Exercise Physiology, or Kinesiotherapy and admission into the Kinesiotherapy Certificate Program and successful completion of a course(s) in pathological and neurological foundations of rehabilitation or approval of the Director of the Kinesiotherapy Certificate Program.

The theoretical foundations of clinical practice in Kinesiotherapy.

Letter grade only (A-F).

### **588L. Kinesiotherapy Clinical Training I Laboratory (6)**

Corequisite: KIN 588.

Instruction and observation at the Long Beach Veterans Administration Medical Center.

### **589. Kinesiotherapy Clinical Training II (3)**

Prerequisite: Satisfactory completion of KIN 588.

Theory and practice of Kinesiotherapy techniques in a medical center setting. 500 hours of instruction and observation at Long Beach Veterans Administration Medical Center.

### **589L. Kinesiotherapy Clinical Training II (3)**

Corequisite: KIN 589.

Laboratory instruction and observation at the Long Beach Veterans Administration Medical Center.

### **590. Statistical Analysis and Measurement in Kinesiology and Physical Education (3)**

Prerequisites: EDSE 421, EDSS 450P or 450W, KIN 483 or equivalent.

Introduces students to the logic and application of basic descriptive and inferential statistics (i.e., correlation, regression, and analysis of variance) and includes a critical analysis of selected research publications.

Required of all master's degree candidates. To be completed within first 12 units of 500-600 series courses.

### **591. Field Studies in Sport Event Management (3)**

Prerequisites: Graduate standing; admission to the Kinesiology Graduate Sports Management Program.

Practical field-based course requires students to complete 15 hours of classroom seminar instruction and 120 hours of supervised practical experience in a managed sport setting.

Letter grade only (A-F).

### **592A. Sports Management Internship (3)**

Prerequisites: Graduate standing; admission to the Kinesiology Graduate Sports Management Program.

A minimum of 20 hours per week for 16 weeks of supervised work experience in an approved sport management/administrative setting, jointly supervised by a University Faculty member and a supervisor from the assigned organization. May be in a paid or volunteer capacity.

Note: 6 units in one semester may not be taken if student is full-time employed. May be repeated to a maximum of 6 units. Letter grade only (A-F).

### **593A. Coaching Internship (3)**

Prerequisites: Bachelor degree with a major or minor in Kinesiology or Physical Education or an approved related major; advancement to candidacy and approval of Intern Coordinator.

A minimum of 20 hours per week for 16 weeks of supervised work experience in an approved coaching setting, jointly supervised by a University Faculty member and a supervisor from the assigned organization. May be in a paid or volunteer capacity.

Note: 6 units in one semester may not be taken if student is full-time employed. May be repeated to a maximum of 6 units. Letter grade only (A-F).

### **593B. Coaching Internship (6)**

Prerequisites: Bachelor degree with a major or minor in Kinesiology or Physical Education or an approved related major; advancement to candidacy and approval of Intern Coordinator.

A minimum of 40 hours per week for 16 weeks of supervised work experience in an approved coaching setting, jointly supervised by a University Faculty member and a supervisor from the assigned organization. May be in a paid or volunteer capacity.

Note: May not be taken if student is full-time employed. Letter grade only (A-F).

### **594./494. Exercise Science Internship (3)**

Prerequisites: Upper division or graduate standing with a grade of "B" or better in KIN 300 for a biomechanics internship or KIN 301 for an exercise physiology internship or KIN 312 for a motor control and learning internship.

Provides a minimum of 120 hours of practical experience in applying exercise science concepts in a fieldwork setting. The internship will provide such experiences as conducting the biomechanical/physiological exercise testing and/or leading the exercise training of selected subject populations such as patients undergoing cardiac rehabilitation, asymptomatic adults, and athletes.

Consent of instructor required prior to registration.

Upper-division undergraduate students register in KIN 494; Graduate students register in KIN 594. Letter grade only (A-F). May be repeated to a maximum of 6 units.

### **595./495. Supervised Laboratory Methods (1-3)**

Prerequisites: Upper division or graduate standing and consent of instructor.

Experience in the organization of and methods for a laboratory in kinesiology and physical education. Includes assisting students with their experiments and laboratory reports.

Undergraduates register in KIN 495; graduates register in KIN 595.) A written report is required for KIN 595 students. May be repeated to a maximum of 4 units. Letter grade only (A-F). Restricted to Kinesiology major students only. Not open for credit to graduate students with credit in KIN 495. (Conference 1 hour, laboratory 2 hours per unit) May be repeated to a maximum of 4 units.

### **596. Practicum in Physical Education Pedagogy (3)**

Prerequisites: Graduate standing; admission to the Master of Arts Program in Pedagogical Studies.

Students are required to evaluate their teaching and provide documentation that they are addressing all of the physical education standards for individuals ages 3-18 that have been established by the National Board for Teacher Certification (NBPTS).

Letter grade only (A-F).

### **597. Independent Research (1-3)**

Prerequisites: Consent of Kinesiology faculty member and graduate advisor.

Independent research under the guidance of a faculty member. Varied learning activities utilized to achieve competency related to Physical Education not offered in regular classes.

Written report required. Letter grade only (A-F). (Independent Study)

### **630. Seminar in Motor Learning (3)**

Prerequisites: KIN 312, 590 and 696 (may be taken concurrently).

Identification and analysis of motor learning principles and theories applicable to training, learning, and rehabilitation in sport, physical education, recreation, and therapeutic settings.

### **633. Seminar in Sport Psychology (3)**

Prerequisite: KIN 339I or consent of instructor.

Study of psychological theories and their relationship to human behavior in sport and other physical activity settings.

### **638. Seminar in Trends in Adapted Physical Education (3)**

Prerequisites: KIN 537 or equivalent.

An examination and analysis of the current trends in Adapted Physical Education.

### **671. Seminar in Current Trends and Issues in Kinesiology (3)**

Prerequisite: Graduate standing.

Examines current trends and issues in Kinesiology, develop and defend personal perspective on significant issues, and identify problems and develop plans for problem-solution in organizational/professional contexts.

Letter grade only (A-F).

### **694. Capstone in Kinesiology (3)**

Prerequisite: KIN 696 and admission into a Kinesiology graduate program.

Focuses on the process, production, and presentation of research projects in Kinesiology.

Letter grade only (A-F).

### **695. Seminar in Professional Literature (3)**

Prerequisites: KIN 590, 696.

Critical analysis and synthesis of professional literature in Kinesiology. Professional portfolio required to be submitted during the class.

Required of all candidates not electing thesis option.

### **696. Research Methods and Statistical Analysis (3)**

Prerequisites: Undergraduate major in Kinesiology or related field, undergraduate Statistic course or equivalent.

Methodological approaches to contemporary problems in Kinesiology, including research design, data collection and analysis, and application of descriptive and inferential statistics.

### **697. Directed Studies (1-3)**

Prerequisites: KIN 590, 696, advancement to candidacy.

Research in an area of specialization under the direction of a faculty member.

### **698. Thesis/Project (1-4)**

Prerequisites: KIN 590, 696, advancement to candidacy.

Planning, preparation and completion of an approved thesis/project. Professional portfolio required to be submitted during the class.

### **699. Selected Topics in Kinesiology (3)**

Intensive study of salient problems of current professional importance to experienced physical educators.

May be repeated to a maximum of 6 units with different topics. Topics announced in the *Schedule of Classes*.

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## Athletic Training Courses (ATEP)

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### LOWER DIVISION

#### 207. Prevention and Care of Athletic Injuries (3)

Prerequisites: KIN 210 or equivalent.

Principles and techniques of the prevention and care of common athletic injuries.

Not open for credit to students with credit in KIN 207. (Lecture 2 hours, Activity 2 hours).

### UPPER DIVISION

#### 304. Clinical Aspects of Athletic Training (3)

Prerequisites: BIOL 207, 208; ATEP 207.

Principles and techniques of related clinical concepts applicable to the athletic training setting.

Open to Kinesiology majors in athletic training or consent of instructor. Letter grade only (A-F). Not open for credit to students with credit in KIN 304. (Lecture 2 hours, Activity 2 hours).

#### 306. Medical Aspects of Athletic Training (3)

Prerequisites: BIOL 207, 208; ATEP 207.

Principles and techniques of related medical concepts applicable to the athletic training setting.

Open to Kinesiology majors in athletic training or consent of instructor. Letter grade only (A-F). Not open for credit to students with credit in KIN 306.

#### 308A. Athletic Training Evaluation I (3)

Prerequisites: ATEP 207, BIOL 208.

Study of athletic training clinical skills required for assessment of pathologies to the lower extremity and lumbar spine. Integrate anatomical knowledge and evaluation techniques to provide a basis for critical decision-making in injury management.

Open to Kinesiology majors in Athletic Training or consent of instructor. Letter grade only (A-F). Not open for credit to students with credit in KIN 308A. (Lecture 2 hours, Activity 2 hours)

#### 308B. Athletic Training Evaluation II (3)

Prerequisite: ATEP 308A.

Study of athletic training clinical skills required for assessment of pathologies to the head, face, upper extremity, and cervical spine. Integrate anatomical knowledge and evaluation techniques to provide a basis for critical decision-making in injury management.

Open to Kinesiology majors in Athletic Training or consent of instructor. Letter grade only (A-F). Not open for credit to students with credit in KIN 308B. (Lecture 2 hours, Activity 2 hours)

#### 309. Developmental and Therapeutic Exercise (3)

Prerequisites: KIN 300, 301 or consent of instructor.

Principles, techniques, and prescription of exercises for development or rehabilitation of the body.

Not open for credit to students with credit in KIN 309. (Lecture 2 hours, Activity 2 hours.)

#### 310. Therapeutic Approaches in Athletic Training (3)

Prerequisites: ATEP 308A or 309 or consent of instructor.

Theory and application therapeutic modalities and exercise rehabilitation commonly used in athletic training programs.

Open to Kinesiology majors in the athletic training option only. Not open for credit to students with credit in KIN 310. (Lecture 2 hours, Activity 2 hours).

#### 407. Management Strategies in Athletic Training (3)

Prerequisites: Senior standing or consent of instructor.

Professional issues, administration, and management strategies of athletic training programs.

Open to Kinesiology majors in the athletic training option only. Not open for credit to students with credit in KIN 407.

#### 490A. Clinical Practicum in Athletic Training (2)

Prerequisites: Consent of instructor and Grade of "B" or better in ATEP 207; satisfactory completion of CSULB ATEP Physical Exam Form and satisfactory completion of CSULB ATEP Technical Standards Form.

First of four semesters. Clinical experiences with formal instruction and evaluation of the Athletic Training Educational Competencies. Weekly campus clinical practicum meeting. Minimum of 250 hours supervised by an Approved Clinical Instructor or a Clinical Instructor.

Credit/No Credit grading only. Not open for credit to students with credit in KIN 490A.

#### 490B. Clinical Practicum in Athletic Training (2)

Prerequisites: Consent of instructor and successful completion of ATEP 490A; satisfactory completion of CSULB ATEP Physical Exam Form and satisfactory completion of CSULB ATEP Technical Standards Form.

Second of four semesters. Continuation of clinical experiences with formal instruction and evaluation of the Athletic Training Educational Competencies. Weekly campus clinical practicum meeting. Minimum of 250 hours supervised by an Approved Clinical Instructor or a Clinical Instructor.

Credit/No Credit grading only. Not open for credit to students with credit in KIN 490B.

#### 490C. Clinical Practicum in Athletic Training (2)

Prerequisites: Consent of instructor and successful completion of ATEP 490B.

Third of four semesters. Continuation of clinical experiences with formal instruction and evaluation of the Athletic Training Educational Competencies. Weekly campus clinical practicum meeting. Minimum of 250 hours supervised by an Approved Clinical Instructor or a Clinical Instructor.

Credit/No Credit grading only. Not open for credit to students with credit in KIN 490C.

#### 490D. Clinical Practicum in Athletic Training (2)

Prerequisites: Consent of instructor and successful completion of ATEP 490C.

Fourth of four semesters. Continuation of clinical experiences with formal instruction and evaluation of the Athletic Training Educational Competencies. Weekly campus clinical practicum meeting. Minimum of 250 hours supervised by an Approved Clinical Instructor or a Clinical Instructor.

Credit/No Credit grading only. Not open for credit to students with credit in KIN 490D.

#### 490E. Clinical Practicum in Athletic Training (2)

Prerequisites: Consent of instructor and successful completion of ATEP 490D.

Clinical experiences designed to advance knowledge and skills to become a successful entry level certified athletic trainer. Minimum of 250 hours of clinical experience under the supervision of an Approved Clinical Instructor or a Clinical Instructor.

Credit/No Credit grading only. Not open for credit to students with credit in KIN 490E.