

BS Kinesiology+ MS Kinesiology - HMSS Concentration FAST Program (25-26)

Note: There are no concentrations in the BS Kinesiology degree, and 2 concentrations in the MS Kinesiology degree. Both MS concentrations are supported by the FAST program.

Total FAST Program Units (BS + MS) 120+20 = 140

Kinesiology, B.S. Program (120 units)

Degree Requirements Unit-Outline

- A baccalaureate of science degree requires a total of 120 units:
 - The major requirements consist of 64-65 units;
 - General Education (GE) & Graduation Requirements (GR) consist of 52 units;
 - Free Electives may consist of 3 units (actual number of free elective units may depend on GE/GR units).

Note: It may be possible to double-count units within the graduation requirements or that a course may satisfy both a graduation requirement and a major requirement. Students should contact their program advisors for information.

Note: Students thinking of being a kinesiology major should contact the kinesiology department advising office (PE130) to schedule a meeting with an advisor to discuss the GE courses they should take based on their career aspirations.

Pre-degree Preparation Recommendations

The Kinesiology degree has a strong science base. Students interested in pursuing a degree in Kinesiology should have a strong High School background in the Sciences as reflected in grades in Science classes (C or better) and having taken more than the minimal high school science requirements to graduate.

Kinesiology Major Requirements (64-65 units)

Lower Division Core

The following 14 units are required:

BIOL 270 - Human Anatomy & Physiology I Units: 4 ; Breadth Area: GE-5B, GE-5C
BIOL 271 - Human Anatomy & Physiology II Units: 4

KIN 160 - Introduction to Kinesiology Units: 3 ; Breadth Area: GE-4

KIN 162 - Nutrition and Performance Units: 3 ; Breadth Area: GE-5B

OR KIN 270 - Women and Sport Units: 3 ; Breadth Area: GE-4; Diversity

Notes:

- **KIN 162 is recommended for students with an interest in Exercise and Nutrition. KIN 270 is recommended for students with an interest in Sport and Social Justice.**
- **For Freshman students, KIN 160 must be completed before attaining junior standing. For transfer students who have not taken KIN 160 before transferring it should be completed in the first semester on transferring.**

Upper Division Core

Each Upper Division Core Class has unique prerequisites students are required to complete prior to enrolling. Refer to each class's catalog description for these prerequisites. Enrollment priority is given to Kinesiology majors. Enrollment for non-majors will be allowed with instructor consent.

The following 3 courses are required (11 units):

KIN 300 - Critical Inquiry in Kinesiology Units: 4

KIN 301 - Applied Musculoskeletal Anatomy Units: 3

KIN 305 - Critical Issues of the Body Units: 4

Choose 4 of the following 5 courses (15-16 units):

- Students pursuing Physical Education Single Subject Matter Preparation must choose at least KIN 302, KIN 307, and KIN 308 among the five options.
- Students with an interest in healthcare (e.g. physical therapy, occupational therapy, nursing) are strongly recommended to choose at least KIN 303 and KIN 306 among the five options.

KIN 302 - Social Justice in Kinesiology Units: 4

KIN 303 - Biomechanics Units: 4

KIN 306 - Exercise Physiology Units: 4

KIN 307 - Motor Skill Acquisition and Training Units: 3

KIN 308 - Psychology of Physical Activity and Performance Units: 4

Elective Courses

Students must select a minimum of 12 units of electives. At least one elective must be selected from two of the three groups below. Students who are planning to pursue specific educational or career objectives in Kinesiology should consult an advisor to select appropriate electives, and may wish to take additional electives to meet graduate school requirements.

GROUP A

Select at least one (1) course:

KIN 320 - Sport Film: Cultural Perspectives Units: 3 ; Breadth Area: GE-UD-4; Diversity

KIN 406 - Introduction to Adapted Physical Activity Units: 3

KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3

KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3

KIN 420 - Exercise Prescription Units: 3

KIN 421 - Clinical Exercise Physiology Units: 3

KIN 422W - Exercise Nutrition Units: 3 ; UWR

KIN 423 - Exercise and Stress Units: 3

GROUP B

Select at least one (1) course:

KIN 304 - Motor Development Units: 3

KIN 310 - Bone Health and Exercise Units: 3

KIN 370 - US Twentieth Century Women's Sport Units: 3 ; Breadth Area: GE-UD-3; Diversity

KIN 372 - Teaching Fitness and Self Defense Units: 3

KIN 375 - Concepts of Teaching Aquatics Units: 3

KIN 404 - Elementary Physical Education Curriculum Units: 3

KIN 424 - Exercise and Gerontology Units: 3

KIN 447 - Motor Skill Expertise Units: 3

GROUP C

Select at least one (1) course:

DANC 341 - Dance for Children Units: 3 ; Breadth Area: GE-UD-3

KIN 340 - Ergonomics Units: 3

KIN 379 - Games Concepts I Units: 3

KIN 380 - Games Concepts II Units: 3

KIN 405 - Theories of Teaching Secondary Physical Education Curriculum Units: 3

KIN 470 - Sport in the Local Community Units: 3

KIN 480 - Gender and Sexualities in Sport Units: 3

KIN 481 - Sport Sustainability Units: 3 ; Breadth Area: GE-UD-5; Sustainability

KIN 489 - Sport, Racism, and Ethnicity Units: 3 ; Breadth Area: GE-UD-4; Social Justice

Elective Substitutions

The following courses may be substituted for elective requirements with **approval of department chair**:

KIN 490 - Independent Study Units: 1 - 3

KIN 493 - Project Units: 1 - 3

KIN 495 - Practicum in Kinesiology Units: 1-3

KIN 497 - Contemporary Issues in Kinesiology Units: 3

KIN 498 - Internship Units: 1 - 3

FAST Program Courses

Students must complete three (3) courses of the following for 12 units:

- KIN 601 – Knowledge Construction in Kinesiology Units: 4
- KIN 606 – Current Trends in Kinesiology Units: 4
- KIN 698 – Internship Units: 4

Other Undergraduate Degree Requirements

In addition to major requirements, every student must also complete the University's baccalaureate requirements for graduation, which are described in the Undergrad Baccalaureate & Program Requirements chapter of this catalog.

Kinesiology, M.S. Program - HMSS - Human Movement & Sport Science Concentration (20 units)

Prerequisites or Foundation Requirements

A degree in Kinesiology or a health field is helpful, but not a requirement. It is highly recommended that students have either practical or professional experience in physical activity and exercise.

Core Courses

The following 8 units are required:

- KIN 603 - Psychomotor Aspects of Learning and Performance Units: 4*
- KIN 605 - Physiological Basis of Exercise and Wellness Units: 4*

Concentrations

Students must select one (1) concentration listed below for 12 units:

Kinesiology, M.S.: Human Movement and Sport Science Concentration

Kinesiology, M.S.: Physical Activity and Exercise: An International Perspective on Programming for Health and Wellness Concentration

Capstone Requirement

A capstone experience for 4 units is required:

KIN 693 - Project Units: 1-4 ***Preferred Capstone**

An alternative capstone* may be substituted with department approval:

KIN 691 - University Thesis Units: 4 (***only upon department approval**)

KIN 692 - Comprehensive Exam Review Units: 4 (***only upon department approval**)

Human Movement and Sport Science Concentration

Complete 8 units from the following:

The following courses are required:

KIN 604 - Effective Movement Instruction Units: 4

KIN 607 - Assessment of Human Performance Units: 4

KIN 608 - Biomechanics of Musculoskeletal Injury Units: 4

The following courses may be substituted for the required courses with department approval:

KIN 685 - Supervised Research Units: 1-4

KIN 690 - Independent Study Units: 1-4

Students can request to take up to 6 units from the following undergraduate KIN courses with department approval:

KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3

KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3

KIN 420 - Exercise Prescription Units: 3

KIN 421 - Clinical Exercise Physiology Units: 3

KIN 422W - Exercise Nutrition Units: 3 ; UWR

KIN 423 - Exercise and Stress Units: 3

KIN 424 - Exercise and Gerontology Units: 3

KIN 447 - Motor Skill Expertise Units: 3

KIN 480 - Gender and Sexualities in Sport Units: 3

KIN 489 - Sport, Racism, and Ethnicity Units: 3 ; Breadth Area: GE-UD-4; Social Justice

Other Graduate & Post-Baccalaureate Degree Requirements

In addition to departmental requirements, every student must also satisfy the University requirements for graduation as described throughout this catalog. These include the 70% unit residence requirement; the five-year rule on currency of subject matter; the minimum number of units in 600-level courses; the “C” minimum grade for each graduate course; and the 3.00 grade point average in all units counted towards the degree.