

So You Want to Major in...

CORE COURSES:

- BIO 270 Hum Phys & Anatomy I
- BIO 271 Hum Phys & Anatomy II
- KIN 160 Introduction to Kinesiology
- KIN 162 Nutrition and Performance
- KIN 270 Women and Sport
- KIN 300 Critical Inquiry in Kinesiology
- KIN 301 Applied Musculoskeletal Anatomy
- KIN 302 Social Justice in Kinesiology
- Kin 303 Biomechanics
- KIN 304 Motor Development
- KIN 305 Critical Issues of the Body
- KIN 306 Exercise Physiology
- KIN 307 Motor Skill Acquisition and Training
- KIN 308 Psychology of Physical Activity and Performance
- KIN 498 Internship

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life.

Kinesiology is a diverse major with courses spanning the humanities, behavioral sciences and the life sciences. The range of courses includes topics on the history of sport, sport and society, motor learning, sport and exercise psychology, exercise physiology and biomechanics.

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.

Completion of BIOL 270 and BIOL 271 before attaining junior standing with a grade of C or better is required to be able to enroll in the Upper Division Core Classes.

Kinesiology

ELECTIVE COURSES:

15 UNITS FROM A VARIETY OF COURSE OPTIONS.
SELECT COURSES BEST SUITED FOR YOUR
PROFESSIONAL GOALS AND INTERESTS.

SOME COURSES INCLUDE:

- KIN 420 EXERCISE PRESCRIPTION
- KIN 447 MOTOR SKILL EXPERTISE
- KIN 470 SPORT IN THE LOCAL COMMUNITY
- KIN 489 SPORT, RACISM, AND ETHNICITY
- KIN 340 ERGONOMICS

ADDITIONAL OPPORTUNITIES:

KINESIOLOGY RESEARCH GROUP (KRG)

GET FIT! STAY FIT! PROGRAM

CENTER FOR SPORT & SOCIAL JUSTICE

Professional Opportunities

- Physical Education Teacher
- Health and Wellness Specialist
- Graduate School for Health Professions
 - Physical Therapist
 - Physician Assistant
 - Occupational Therapist
 - Respiratory Therapist
 - Registered Nurse
 - Athletic Trainer
- Fitness Professional
 - Community Based
 - Corporate
- Community Education
- Cardiac Rehabilitation Specialist
- Director of Youth Camps/Sport Programs
- Exercise Physiologist
- Sport Management
- Strength & Conditioning Coach
- Sport Psychologist for Performance Enhancement