

For Catalog Year beginning
Spring 2013 – present



CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

MAJOR REQUIREMENTS – BACHELOR OF SCIENCE DEGREE

This advisement material is designed to assist students in meeting catalog requirements for the B. S. degree. Each student is required to meet once each semester with an advisor. This is particularly important for the approval of upper division option courses. See the “Advisement” link on the Department of Kinesiology website for more information: <http://www.csun.edu/hhd/kin>

I. Lower Division Prerequisite Science and Math Courses (14 Units): **Total Units**

a.	BIOL 101/L	General Biology and Lab (3,1) <i>(Satisfies GE Natural Sciences Requirement Section B and is a Prerequisite to BIOL 211/212 & BIOL 281)</i>	4
b.	BIOL 211/212	Human Anatomy and Lab (2,1) <i>(Prerequisite to KIN 300)</i>	3
c.	BIOL 281	Human Physiology <i>(Prerequisite to KIN 346/L)</i>	3
d.	MATH 140	Introductory Statistics <i>(Satisfies GE Basic Skills Mathematics Requirement Section A.3)</i>	4

II. Lower Division Kinesiology Core Courses (6 units):

a.	KIN 200	Foundations of Kinesiology <i>(Expected to be taken during first semester as a Kinesiology Major at CSUN) Prerequisite to KIN 305 & KIN 377)</i>	3
b.	KIN 201/L	Movement Forms – Dance, Sport, and Exercise and Lab (2,1) <i>(Expected to be taken during first year as a Kinesiology Major at CSUN and is a Prerequisite to KIN 377 & KIN 346/L,)</i>	3

III. Upper Division Kinesiology Core Courses (21 units):

KIN 300	Foundations and Analysis of Human Movement <i>(Prerequisite to KIN 345/L)</i>	3
KIN 305	Historical & Philosophical Bases of Kinesiology	4
KIN 306	Socio-Psychological Aspects of Physical Activity	3
KIN 377	Motor Learning & Control (3)	3
KIN 345/L	Biomechanics and Lab (3,1)	4
KIN 346/L	Physiology of Exercise and Lab (3,1)	4

IV. Upper Division Options:

Confer with an **advisor** and follow the prescribed program for one of the options listed on the **back** of this page.

KINESIOLOGY MAJOR OPTIONS – BACHELOR OF SCIENCE DEGREE

Advisers are assigned to students by option at the Kinesiology Department main office.

All required courses are within the Kinesiology Department unless otherwise stated.

I. PHYSICAL EDUCATION (35)

This option prepares the student to seek a credential to teach P.E. in the public schools of California. An additional fifth year of study and student teaching is usually required to complete the preliminary credential. Refer to the credential section of the university catalog for further information.

Please contact Dr. Mary Jo Sariscsany (maryjo.sariscsany@csun.edu) for more detailed information on the requirements of this option.

A. Required Lower Division courses:

130-134, 151	Martial Arts (Choose One)	1
242	Basic Dance	1
250SW	Swimming	1
271/L	Fund Mvt/Gym/Rhy and Lab	2/1
272/L	Nontrad Games/Act and Lab	2/1
273/L	Anly/App'l Games and Lab	2/1

B. Required Upper Division courses:

315/L	Anly/App'l Cul Dance and Lab	2/1
477/478	Motor Development & Lab	3/2
335/L	HR Fitness K-12 and Lab	2/1
347	Intro to Adapted PE	3
371/L	PE Content Dev Child and Lab	2/1
462/L	PE Content Dev Adol. and Lab	2/1
472/L	LA & Tech in K-12 and Lab	2/1

NOTE: Completion of Physical Education option coursework (or equivalent) allows students to obtain subject matter clearance in Physical Education. After subject matter clearance is obtained, students may apply to the Single Subject Physical Education Preliminary Credential program. This credential program currently requires 32 units of credential coursework, including student teaching. Please see Dr. Belinda Stillwell (belinda.stillwell@csun.edu) or a Credential Office advisor (818-677-2586) for Single Subject Physical Education Preliminary Credential advisement.

Students who are interested in obtaining an Adapted Physical Education Added-Authorization need to obtain a basic credential defined by the State of California Commission on Teacher Credentialing (i.e., Single Subject Preliminary Credential in Physical Education, Multiple Subject Preliminary Credential, and Education Specialist Credential). Students can work on both their basic preliminary credential and Adapted Physical Education Added-Authorization concurrently. Please contact Dr. Sharon Hsu (Sharon.hsu@csun.edu) for more detailed information on the coursework requirements for the 21-unit Adapted Physical Education Added-Authorization.

IV. DANCE (25)

This option is designed to provide a basis for dance experience and potential employment opportunities in fields of performance, choreography and teaching. Please contact Dr. Paula Thomson (paula.thomson@csun.edu) for more detailed information on the course requirements for this option.

Select 25 units with advisor's approval:

314/L	Creative Dance for Child and Lab	2/1
315/L	Anly/App'l. Cult Dance and Lab	2/1
316/L	Choreographic Forms and Lab	2/1
317	Adv Analysis Dance-Bal, Jazz, Mod	3
318	Intermediate Ballet Technique	3
319	Intermediate Modern Dance Tech	3
380/L	Perspectives of Dance and Lab	2/1
418	Advanced Ballet Technique	3
419	Advanced Modern Dance Tech	3
426	Choreography	3
427	Dance Production	3
494A-C	Academic Internship	1-3
498W	Dance Concert Modes	1-3
499A-C	Independent Study	1-3

Upper Division KIN elective with prior approval of advisor.

II. EXERCISE SCIENCE (37-40)

This option is designed to prepare the student with the necessary knowledge and skills to analyze movement and to conduct and administer physical fitness programs. The option is particularly valuable for students interested in employment in fitness centers and community fitness and wellness agencies.

In addition, this option is ideal for those intending to pursue graduate study in a variety of allied health fields (e.g., Physical Therapy, Occupational Therapy, Physician's Assistant, Chiropractic, etc.).

A. Required Lower Division courses:

PHYS 100A/L	General Physics and Lab	3/1
CHEM 103/L	or 101/L	4-5
MATH 104	or 105	3-5

(Completion of either MATH 104 or 105 or equivalent is a prerequisite to KIN 445)

B. Required Upper Division courses:

477/478	Motor Development & Lab	3/2
445	Quantitative Biomechanics	3
446/L	Research Exer Phys. and Lab	2/1

C. Select 15 units with approval of advisor:

311/L	Adapt Therapeutic Ex and Lab	2/1
313/L	Adapt Aquatic Ex and Lab	2/1
337/L	Intro to Athletic Train and Lab	3/1
402/L	Comp Appl in Kin and Lab	2/1
415	Med Asp of Sport Injuries	3
436	Applied Exer. & Sport Phys.	3
456	Exercise Prog Design	3
476	Musc. Biomechanics & Injury	3
479	Perception and Movement	3
560	Clinical EKG/Stress Testing	3
494	Academic Internship	1-3
499	Independent Study	1-3
575/L	Biomech Anlys Tech and Lab	2/1

Upper Division KIN elective with prior approval of advisor.

V. APPLIED FITNESS (37)

This option is designed to prepare the student with the necessary knowledge and skills to analyze movement and to conduct and administer physical fitness programs. This option is valuable for students interested in employment in fitness centers, community fitness and wellness agencies, and fitness assessment labs.

A. Required Lower Division courses:

PSY 150	Principles of Human Behavior	3
FCS 207	or HSCI 337 Nutrition	3

B. Required Upper Division courses:

477/478	Motor Development & Lab	3/2
337/L	Intro to Athl. Training and Lab	3/1
417/L	Resistance Exercise and Lab	2/1
446/L	Res. in Ex. Phys. & Lab	2/1
436	or 456 Exercise Program Design	3
494A	Academic Internship	1
PSY 352	Motivation	3

C. Select 9 units with approval of advisor:

311/L	Adapt Therapeutic Ex and Lab	2/1
313/L	Adapt Aquatic Ex and Lab	2/1
415	Med Asp of Sport Injuries	3
436	Applied Exer. & Sport Phys.	3
456	Exercise Prog Design	3
445	Quantitative Biomechanics	3
513/L	Adap. Ther. Exer. Eval. & Lab	2/1
451/L	Adap. Aqua. Ther. Exer. & Lab	2/1
476	Musc. Biomechanics & Injury	3
479	Perception and Movement	3
494A-C	Academic Internship	1-3
499A-C	Independent Study	1-3
560	Clinical EKG/Stress Testing	3
575	Biomech Anlys Tech and Lab	2/1

III. GENERAL STUDIES (25)

This option is designed to meet the needs of students who seek a general program in Kinesiology or who have special interests in areas not in the preceding options. Students in this option will have the opportunity to explore both the sub-disciplinary and the applied areas of the field of study.

A. Select at least three units from each of the following areas:

1. Biological/Mechanical

477/478	Motor Development & Lab	3/2
445	Quant. Biomechanics	3
446/L	Research Exer Phys and Lab	2/1

2. Arts/Humanities/History

380	Perspectives of Dance	3
426	Choreography	3
427	Dance Production	3
428	Aesthetics of Human Mvmt	3

3. Social/Cultural

385	Women in Sport	3
407	Sport, Culture & Society	3
408	The Olympic Games	3

4. Clinical

311/L	Adapt Therapeutic Ex and Lab	2/1
313/L	Adapted Aquatic Ex and Lab	2/1
337/L	Intro to Athletic Train and Lab	3/1
347	Intro to Adapted PE	3
429	Perceptual Motor Prob	3
436	Applied Exer & Sport Phys	3
456	Adult Exercise Prog Design	3

5. Teaching/Coaching

310	Visualization & Sport	3
315/L	Anly/App'l Cult Dance and Lab	2/1
317	Adv Anlys Dance-Bllt,Jzz,Mod	3
420	Coaching Competitive Sports	3

B. Select a minimum of 10 additional upper division units in Kinesiology courses with prior approval of an advisor.

VI. ATHLETIC TRAINING (49)

The Athletic Training Major/Athletic Training Education Program (ATEP) prepares athletic training students to sit for the Board of Certification, Inc. examination. Students must submit a separate application to the ATEP by 4pm on the first Thursday of March. For information regarding the ATEP See <http://moodle.csun.edu/course/view.php?id=31656&edit=1&sesskey=hBW7V24T8K> for the most up to date

Please contact Dr. Shane Stecyk, ATEP Program Director (shane.stecyk@csun.edu), for further information prior to selecting this option.

A. Required Prerequisite Courses:

KIN 337/L	Intro to Athletic Train and Lab	3/1
PSYC 150	Principles of Human Behavior	3
FCS 207	or HSCI 337 Nutrition	3

B. Required Upper Division courses:

333	Inj Prev Clinical Reasoning	2
334	Eval Rehab Clinical Reas.	2
338/L	LE Eval Tech. and Lab	2/1
339/L	UE Eval Tech. and Lab	2/1
340	Medical Documentation	1
341	Prev & Eval LE Clin Exp	1
342	Rehab & Eval UE Clin Exp	1
349	General Medical Conditions	3
415	Medical Aspects of Sport Inj	3
437	Athletic Training Administration	3
441	Admin & Treat Clin Exp	1
442	Adv Clinical Experience	1
443	Adv Act Clinical Reasoning	2
444	Professional Preparation	2
457/L	Ther Modalities and Lab	2/1
467/L	Ther Exercise Tech and Lab	2/1
HSCI 336	Health Aspects of Drug Use	3
HSCI 345	Public Health Issues	3