

# KINESIOLOGY

## Bachelor of Science degree

### with a major in Kinesiology —

concentrations available in Exercise Science/Health Promotion, Physical Education Teaching, or Pre-Physical Therapy

## Minors in Kinesiology & Health

**Education** (20 units of coursework approved by the department chair)

## Master of Science degree in Kinesiology—

Advanced study to prepare graduate students for doctoral and professional programs and careers in the promotion of physical activity.

**Single Subject Credential** (see Physical Education Teaching Concentration leading to a single subject credential)

## Department Chair

Rock Braithwaite, Ph.D.

## Department of Kinesiology & Recreation Administration

Kinesiology & Athletics 305  
707-826-4536  
humboldt.edu/kra

## The BS Program

Students completing this program will have demonstrated the ability to:

- identify and explain the concepts of kinesiology
- analyze, synthesize, and evaluate relevant information from scientific literature to inform professional practice
- demonstrate effective written and oral communication for the discipline of kinesiology
- apply knowledge and skills from kinesiology to promote health and physical activity, and optimize performance among diverse populations.

Humboldt provides students with three new state-of-the-art laboratory facilities, including the human performance, biomechanics, and behavioral performance labs. A natatorium, plus two gymnasiums, dance studio, an all-weather track and field, cross-country trails, stadium, and two playing fields round out the facilities. In addition to their academic coursework, students develop their skills through fieldwork and practicum experiences in their areas of study.

## Preparation

High school students should take the college preparatory program plus biology, math, anatomy, and physiology. Participation in intercollegiate sports, physical activities, and a computer course are encouraged.

## REQUIREMENTS FOR THE MAJOR

*For a description of degree requirements to be fulfilled in addition to those listed below for the major, please see "The Bachelor's Degree" section of the catalog, pp. 66-81. The Upper Division Area B General Education requirement is met by the coursework within the Bachelor of Science degree for Kinesiology.*

*Students must earn a C- or better in all required courses for the major that have a KINS, ZOOL, REC, or HED prefix (or their equivalent, in the case of courses transferred from another institution).*

## Core Courses (for all concentrations)

### Lower Division (15-16 units)

BIOL 104	(3) General Biology, <b>or</b>
BIOL 105*	(4) Principles of Biology
HED 120	(1) Responding to Emergencies — CPR/FP
KINS 165	(3) Foundations of Kinesiology
ZOOL 113	(4) Human Physiology
ZOOL 270	(4) Human Anatomy

\*BIOL 105 is a requirement in the Pre-Physical Therapy Concentration

### Upper Division ( 20 units)

KINS 379	(4) Exercise Physiology
KINS 386	(4) Structural Kinesiology
KINS 474	(3) Psychology of Sport & Exercise
KINS 483	(3) Evaluation Techniques in Kinesiology
KINS 484	(3) Motor Development/ Motor Learning
KINS 492	(3) Senior Seminar in Kinesiology

*Select one of the following concentrations and complete all requirements. (33-38 units)*

## Exercise Science/Health Promotion Concentration

Prepare for careers in adult fitness; cardiac rehabilitation; strength and conditioning; corporate, community, and commercial health/fitness programs; and for graduate study in

exercise science/exercise physiology. The curriculum also helps to prepare students to sit for recognized professional certification examinations offered by the American College of Sports Medicine and the National Strength and Conditioning Association.

Kinesiology Core: 35-36 units + Exercise Science Health Promotion Concentration 33 units = 68-69 units for the major.

## Lower Division Requirements

HED 231 (3) Basic Human Nutrition

## Upper Division Requirements

KINS 325	(2) Health Related Exercise, <b>or</b>
KINS 339	(2) Group Exercise Instruction, <b>or</b> 2 units of PE courses.
KINS 456A	(4) Fitness Assessment & Exercise Programming
KINS 456B	(4) Fitness Assessment & Exercise Programming
KINS 460	(1) Human Performance Lab Techniques
KINS 482	(7) Internship in Kinesiology

## Select Health Promotion Emphasis or Exercise Science Emphasis

Students will, upon consultation with and approval of their advisor, select 12 units. Suggested coursework includes, but are not limited to:

### Health Promotion Emphasis

HED 342	(3) Nutrition for Athletic Performance
HED 344	(3) Weight Control
HED 388	(3) Health-Related Behavior Change
HED 390	(3) Design & Implementation of Health Promotion Programs
HED 392	(3) Community & Population Health
HED 446	(3) Optimal Bone & Muscle Development
KINS 447	(3) Pharmacology & Ergogenic Aids

### Exercise Science Emphasis

KINS 425	(3) Strength & Conditioning
HED 342	(3) Nutrition for Athletic Performance

Select six units from KINS 480/580, 600-level courses and/or courses from the Health Promotion Emphasis.

## Physical Education Teaching Concentration

Prepare to teach physical education in junior high and high school. (For information on the preliminary teaching credential, see Education. See the program listing for Adapted Physical Education for credential information.)

Graduates also enter careers as intramural directors, health spa instructors, coaches, recreational directors, sports program directors, and camp directors.

In addition to core academic courses, students enroll in activity courses which help them develop fitness and performance skills. Humboldt's Human Performance Laboratory offers modern equipment. Other facilities include two gymnasiums, an indoor pool, an all-weather track, cross-country trails, a field house, weight room, and stadium.

Kinesiology core (35-36 units) + Physical Education Teaching Concentration (31 units) = 66-67 units for the major.

### Concepts of Teaching (14 units)

KINS 311	(2)	Concepts of Teaching Aquatics
KINS 313	(2)	Concepts of Teaching Dance
KINS 315	(2)	Concepts of Teaching Dynamic Movement
KINS 325	(2)	Health-Related Exercise
KINS 327	(3)	Games Concepts 1
KINS 329	(3)	Games Concepts 2

### Additional Requirements (17 units)

REC 302	(3)	Inclusive Recreation (DCG-d)
HED 405	(3)	School Health Programs
KINS 384	(3)	Curriculum & Instructional Strategies in Physical Education
KINS 385	(3)	Adapted Physical Education
KINS 475	(3)	Elementary School Physical Education
KINS 486	(2)	Theory of Coaching

**Please note:** Degree requirements listed above do not include the professional education courses required for a teaching credential. Students earning this degree may waive CSET assessments before entering the credential program. Before applying to the secondary education credential program, students must meet the prerequisite of 45-hours early field experience or enroll in KINS 490, and must enroll in EDUC 285 or equivalent.

## Pre-Physical Therapy Concentration

Careers in the health care industry are increasing and completion of this concentration provides the academic requirements necessary to enter a graduate program for physical therapy or other health professions such as occupational therapy, nursing, physician assistant programs, medical school, or prosthetics and orthotics. Upper division electives built into the curriculum (upon consultation with and approval of their advisor) allow students the flexibility to take additional classes required for the graduate program(s) they are interested in attending.

Students also have the opportunity to gain more knowledge and experience in the physical therapy (and related) fields through a practica experience. During these placements in local physical therapy clinics and hospitals, students learn the basic skills to provide patient care and the essentials of evidence-based practice alongside physical therapists. In addition to being immersed in the field and accumulating observational hours needed to apply to graduate programs, students also attend presentations by current graduate students, physical therapists, and other health professionals, as well as workshops to help students' preparation for applying to graduate school.

Kinesiology core (36 units) + Pre-Physical Therapy Concentration (38 units) = 74 units for the major. (15 units double-count for LD GE requirements).

### Lower Division (27 units)

BIOL 105	(4)	Principles of Biology (core)
CHEM 109	(5)	General Chemistry I
CHEM 110	(5)	General Chemistry II
PHYX 106†	(4)	College Physics: Mechanics & Heat
PHYX 107	(4)	College Physics: Electromagnetism & Modern Physics
PSYC 104	(3)	Introduction to Psychology
SOC 104	(3)	Introduction to Sociology
STAT 108	(3)	Elementary Statistics, <b>or</b>
STAT 108i	(3)	Elementary Statistics with Integrated Support [Coreq: STAT 8]

### Upper Division (11 units)

PSYC 438	(3)	Dynamics of Abnormal Behavior; <b>plus</b>
	(8)	Upper-Division Major Electives

† Course has a prerequisite of MATH 101T (3) or MATH 102 (4)

## REQUIREMENTS FOR THE MINORS

Please consult the department chair for current requirements.

## REQUIREMENTS FOR THE MASTER OF SCIENCE DEGREE

Graduates are prepared for careers in a wide range of professional roles that include worksite health promotion, clinical exercise physiology, cardiac rehabilitation, commercial fitness, public/private or non-profit health agencies, obesity/diabetes and heart disease prevention and treatment, teaching/coaching, independent research in a field of specialization, or continued graduate study at doctoral granting institutions. The curriculum and coursework in the Kinesiology MS degree program is designed to meet the mission of preparing students to be leaders in the fields of physical activity, health, and disease prevention and treatment. The common theme that binds us together is the study of physical activity and relationships with health and human performance.

### The MS Program

Students completing this program will have demonstrated the ability to:

- apply advanced concepts and theoretical constructs in kinesiology
- design and implement research in kinesiology
- critically analyze, evaluate, and synthesize the scientific literature in kinesiology
- synthesize and present data relevant to specialization areas within kinesiology
- interpret, evaluate, and apply the scientific literature in kinesiology to promote health and optimize performance among diverse populations.

### Admission

Applicants must submit the names of three references, including contact information, and a statement of intent with their application. Two admission options are available:

### Postbaccalaureate

In addition to Humboldt State University requirements, the Department of Kinesiology and Recreation Administration requires the following criteria be met for admission to the program as a classified graduate student:

- a bachelor's degree in Kinesiology or Exercise Science from an accredited institution, or equivalent. Students may be required to complete foundational coursework depending on their selected graduate program of study.

- a minimum undergraduate grade-point average (GPA) of 2.75 in the last 60 semester units (a 3.0 GPA is preferred).
- completion of the Graduate Record Examination (GRE) for verbal reasoning (148 minimum), quantitative reasoning (140 minimum), and analytical writing (3.5 minimum) must be submitted as part of the application process prior to admission.

A student may be conditionally admitted to the program if:

- The undergraduate degree is in a field other than Kinesiology or Exercise Science. Students will be required to complete 12-15 units of foundational coursework as approved by the graduate program coordinator. These courses must be satisfactorily completed with a grade of B- or better.
- The GRE scores or GPA are below the required minimum.

#### **Four plus One (4+1) Program (pre-baccalaureate)**

A student can apply in the junior year after completion of at least 24 units of undergraduate coursework in Kinesiology, with a GPA of 3.25 or higher in KINS coursework.

#### **International Student Addendum**

International students must achieve a minimum TOEFL score of 550 (213 on computer-based test; 80 on internet-based test) that was received within two years of applying to HSU. The score must be sent to us directly by the Educational Testing Service (ETS); **or**

a minimum IELTS score of 6.5 that was received within two years of applying to HSU. The score must be sent to us directly by the English Language Testing System (IELTS).

#### **Course Of Study**

Required Core: 9 units  
 In Depth Area of Study: 9 units  
 Directed Elective courses: 9 units  
 Capstone 6 units  
 Total units: 33

#### **Required Core**

All students must complete the following core courses:

KINS 610 (3) Statistics for Kinesiology  
 KINS 635 (3) Research Methods in Kinesiology  
 KINS 695 (3) Directed Field Experience,  
**or**  
 KINS 699 (3) Independent Study

#### **In-Depth Area of Study (9 units)**

Students select an in-depth area of study in consultation with a major advisor. Courses should support the student's area of research and professional goals. These

courses should be 500-600 level, with allowance for 300-400 level courses on a case-by-case basis.

#### **Directed Elective Courses (9 units).**

Courses should support the student's professional goals. These courses should be 500-600 level, with allowance for 300-400 level courses on a case-by-case basis.

#### **Capstone**

KINS 690 (1-6) Thesis/Project Option

Recommended for those planning to attend a doctoral/advanced professional program or preparing for a research-based career. The thesis and project include an oral defense., **or**

Comprehensive Exam Option

Students in this option will complete an additional six units of coursework. The exam format is available in the graduate program handbook.

