



1999-2000: Emphases replace Specializations within Kinesiology Major

Exercise and Nutritional Sciences

In the College of Professional Studies and Fine Arts

OFFICE: Exercise and Nutritional
Sciences 351

Faculty

Emeritus: Andrus, Barone, Benton, Broadbent, Carter, Cave, Cullen, Fox, Friedman, Grawunder, Gutowski, Kasch, King, Landis, Olsen, L., Phillips, Schwob, Sleet, Smith, Tolefsen, Wells, Whitby, Wilhelm, Williamson, Ziegenfuss

Chair: Carlson

Professors: Aufmesser, Buono, Carlson, Francis, P., McKenzie, T., Mechikoff, Moore, Nichols-Bernhard, Patterson, Rushall, Selder, Simmons, Sucee, Verity

Associate Professors: Franz, Kolkhorst

Assistant Professors: Knop, LaMaster, Quinn, Wiksten

Lecturers: Francis, L., McKenzie, R., Voigt, Yaggie

Offered by the Department

Master of Arts degree in physical education.
Master of Science degree in exercise physiology.
Major in **kinesiology** with the B.S. degree in applied arts and sciences.

Emphasis in athletic training.

Emphasis in fitness, nutrition, and health.

Emphasis in physical education.

Emphasis in prephysical therapy.

Adapted physical education credential.

Minor in physical education.

The Major

Kinesiology is the study of the processes through which individuals obtain optimal health, physical skill, and fitness. The professional, whether in a laboratory, school, medical or business setting, is ultimately concerned with improving the health and well-being of people.

The uniqueness of the academic area known as **kinesiology** is the study of human movement. The academic foundation for the study of human movement is covered by courses that explore movement as it affects and is affected by physiological, psychological, developmental, sociocultural, and mechanical parameters. Application of movement concepts evolves from an academic foundation and is covered by courses that study how movement is quantified, how learning experiences are sequenced to modify movement behaviors, and how movement is modified for special needs.

The degree name was changed to **kinesiology** to better reflect the diversity of subject matter and breadth of career opportunities available to today's students. Some of the typical fields open to **kinesiology** majors include:

Athletic Training. The purpose of this **emphasis** is to prepare students to meet the academic requirements necessary for a career in athletic training and completion of the degree requirements for national certification in athletic training. Athletic training specialists work in such diverse areas as injury prevention and rehabilitation, fitness testing, and as athletic trainers for sports teams. Students who want to meet all requirements for national certification by the National Athletic Trainers Association must also complete a minimum two year clinical internship under the direct supervision of a certified athletic trainer. Students interested in completing an internship should meet with the undergraduate adviser in the department. Selection is competitive and limited in number. Applications are accepted in spring for fall selections.

Note: Effective October 31, 2001, no student can begin a clinical experience through an internship program. Effective on January 1, 2004, only students who have graduated from an National Athletic Training Association (NATA) accredited school are eligible to take the NATA certification examination. While San Diego State University is seeking accredited status, SDSU is not an accredited program at this time. No assurance can be given that accreditation will be received by that date.

Fitness, Nutrition, and Health. Persons pursuing this **emphasis** often find employment in the private and public sectors concerned with the fitness and health of employees. This **emphasis** prepares students to meet the academic requirements necessary to (1) evaluate and program exercises for apparently healthy persons in diverse fitness and health settings, and (2) pursue certifications that reflect knowledge of the scientific principles that govern leadership in exercise and health enhancement programs. Graduates work as fitness experts and managers in adult and corporate fitness programs of business, industry, public agencies, and schools. There are also career opportunities for employment in the business sector to include fitness clubs, cardiac rehabilitation, and human efficiency research.

Physical Education. The graduate in **kinesiology** may find employment in public and private schools, specializing at either the elementary or secondary level. **Kinesiology** majors teach activities and sports skills, health and fitness classes, and act as physical education resource specialists. Students may also prepare for careers in athletic coaching. Opportunities for both men and women exist at the inter-scholastic level as well as with community and commercial sports clubs.

Prephysical Therapy. This **emphasis** prepares students to meet the academic requirements necessary for entry to postgraduate education for physical therapy, chiropractor, occupational therapy, physician assistant, and podiatry. Students find employment in a broad range of medical, commercial, and educational environments. Students wishing to meet all requirements for postgraduate education for a professional degree should meet with the undergraduate adviser as well as contact potential postgraduate education sites to obtain specific entry requirements.

Kinesiology Major

With the B.S. Degree in Applied Arts and Sciences
(Major Code: 06351)

All candidates for a degree in applied arts and sciences must complete the requirements listed in the section of this catalog on "Graduation Requirements."

A minor is not required with this major except for the **Emphasis** in Physical Education, which requires completion of 12 units towards a minor or supplementary authorization.

Emphasis in Athletic Training

Preparation for the Major. Exercise and Nutritional Sciences activities (2 units). Exercise and Nutritional Sciences 104A or 104B, 210, 265, 265L; Biology 202, 212; Chemistry 130, 200; Communication 103; Information and Decision Systems 180; Nutrition 204; Physics 180A, 180B; Psychology 101; Sociology 101; and one of the following: Biology 215, Economics 201, Psychology 270, Sociology 201, or Statistics 119. (47 units)

Upper Division Writing Requirement. Passing the University Writing Examination or completing one of the approved writing courses with a grade of C (2.0) or better.

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Exercise and Nutritional Sciences

Major. A minimum of 49 upper division units to include Exercise and Nutritional Sciences 301, 302, 303, 304, 305, 306, 307, 314, 363, 365, 367, 367L, 368, 368L, 388 (1 unit), 401A, 401B, 461, 462, 463, 463L; Biology 336. Biology 336 will also satisfy three units of the General Education requirement in IV.A. Recommended: Students should take Sociology 355 to satisfy the General Education requirement in IV.B.

Emphasis in Fitness, Nutrition, and Health

Preparation for the Major. Exercise and Nutritional Sciences activities (2 units), Exercise and Nutritional Sciences 104A or 104B, 210, 265, 265L; Biology 100, 100L, 212; Chemistry 100; Communication 103; Nutrition 202; Psychology 101; Sociology 101; and three units selected from Biology 215, Economics 201, Psychology 270, Sociology 201, or Statistics 119. (34 units)

Upper Division Writing Requirement. Passing the University Writing Examination or completing one of the approved writing courses with a grade of C (2.0) or better.

Major. A minimum of 48 upper division units to include Exercise and Nutritional Sciences 301, 302, 303, 304, 305, 306, 307, 314, 347A, 347B, 363, 368 (1 unit), 401A, 401B, 412, 431, 432, 432L, 433; Biology 336; Nutrition 309, 311; Biology 336 will also satisfy three units of the General Education requirement (IV.A). Recommended: Students should take Sociology 355 to satisfy the General Education requirement (IV.B).

Emphasis in Physical Education

This program must be elected by students who wish to be a candidate for a single subject teaching credential at San Diego State University.

All requirements as outlined in this section and the sections titled Policy Studies in Language and Cross-Cultural Education or Teacher Education in this catalog must be completed.

This major may be used by students in policy studies or teacher education as an undergraduate major for the B.S. degree in applied arts and sciences.

Completion of 12 units towards a minor or supplementary authorization is required. In conjunction with the department undergraduate adviser, the student must determine a specific course of study to establish a formal program for supplementary authorization or minor. The program must be filed with the Office of Admissions and Records.

Preparation for the Major. Exercise and Nutritional Sciences 210, 265, 265L; Biology 212; Communication 103; Psychology 101; Sociology 101; and one of the following: Biology 215, Economics 201, Psychology 270, Sociology 201, or Statistics 119. (20 units)

Upper Division Writing Requirement. Passing the University Writing Examination or completing one of the approved writing courses with a grade of C (2.0) or better.

Major. A minimum of 51 upper division units to include Exercise and Nutritional Sciences 301, 302, 303, 304, 305, 306, 307, 314, 335, 341, 347A, 347B, 348, 351, 401A, 401B, 441A, 441B, 441C, 442A, 442B, 445; Biology 336. Biology 336 will also satisfy three units of the General Education requirement (IV.A). Recommended: Students should take Sociology 355 to satisfy the General Education requirement (IV.B).

Emphasis in Prephysical Therapy

Preparation for the Major. Exercise and Nutritional Sciences 104A or 104B, 210, 265, 265L; Biology 202, 210, 212; Chemistry 200, 201; Communication 103; Physics 180A, 180B, 182A, 182B; Psychology 101; Sociology 101; and one of the following: Biology 215, Economics 201, Psychology 270, Sociology 201, or Statistics 119. (47 units)

Upper Division Writing Requirement. Passing the University Writing Examination or completing one of the approved writing courses with a grade of C (2.0) or better.

Major. A minimum of 40 upper division units to include Exercise and Nutritional Sciences 301, 302, 303, 304, 305, 306, 307, 314, 363, 365, 388 (1 unit), 401A, 401B, 460; Biology 336, 436, Psychology 350. Biology 336 will also satisfy three units of the General Education

requirement (IV.A). Recommended: Students should take Sociology 355 to satisfy the General Education requirement (IV.B).

Adapted Physical Education Credential*

(Credential Code: 00980)

Admission Categories

Level I: Kinesiology major with an interest in adapted physical education, completion of a minimum of 45 units with a GPA of 2.5 or better, and official application to the coordinator of adapted physical education.

Level II: Kinesiology major with a minimum of 2.75 after 90 units including the completion of Exercise and Nutritional Sciences 301, 303, 304, 348, 363 and at least one unit of Exercise and Nutritional Sciences 388, 135 hours of practicum in school and community settings, and official application to the coordinator of adapted physical education.

Level III: Certified. Completion of all courses required for kinesiology major in the single subject teaching credential major; all classes for the certification including completion of the entire student teaching experience. (Preliminary credential.) The student must have a 3.0 average and no grade lower than C in all the academic classes required to be certified. A required course in which a grade lower than C is earned may be repeated only with prior approval of the coordinator.

Pre-Service Program

Candidates for this program in adapted physical education must complete the requirements for the single subject teaching credential in physical education, apply for the program, be accepted, and complete the following specialist coursework.

1. Adapted Program: Minimum 16 units. Exercise and Nutritional Sciences 348, 363, 398** (1 unit), 667, 672, and Special Education 501.
2. Practical Experience and Student Teaching: The candidate must complete one unit of Exercise and Nutritional Sciences 388, 135 hours of practicum in school and community settings, and a full-time student teaching experience in adapted physical education.

In-Service Program

Candidates for this program in adapted physical education must complete the requirements for the single subject teaching credential in physical education, apply for the program, be accepted, and complete the following specialist coursework.

1. Adapted Program: Minimum of 16 units. Exercise and Nutritional Sciences 348, 363, 398** (1 unit), 667, 672, and 684.
2. Practical Experience and Student Teaching: The candidate must complete one unit of Exercise and Nutritional Sciences 388, 135 hours of practicum in school and community settings, and a full-time student teaching experience in adapted physical education or equivalent experience.

* Additional prerequisites required for this credential.

** Approved by Coordinator, Adapted Physical Education.

Physical Education Minor

Coaching: The coaching of athletic teams is an integral part of the field of physical education. The physical education minor has been created for the purpose of allowing undergraduate students to study the scientific and technical bases of sport coaching. Completion of the minor will provide students with the qualifications for coaching in public and private schools, community athletics/sport programs, club sport programs, or other areas where coaching knowledge and experience is needed.

Psychology 101 is prerequisite to the minor and should be taken to satisfy General Education. Requirements for the minor are a minimum of 24 units to include Exercise and Nutritional Sciences 210, 265, 265L, 301, 307, 351, 352 or 353 (2 units), 398 (3 units), Biology 212,