



Emphasis in Exercise Science Generalist becomes effective Fall 2014 and the Athletic Training Major remains Accredited by the Commission on Accreditation of Athletic Training Education (CAATE)

Exercise and Nutritional Sciences

In the College of Health and Human Services

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Accredited by the Commission on Accreditation of Athletic Training Education for Athletic Training.

Faculty

Emeritus: Aufesser, Carter, Fox, Francis, P. Franz, Friedman, Harris, King, Landis, McKenzie, T. Mochikoff, Nicholas-Bernhard, Patterson, Phillips, Rushall, Selzer, Simmons, Sleet, Smith, Suoec, Wells, Williamson
 Director: Kolkhorst
 Professors: Buono, Enwemeka, Kahan, Kolkhorst, LaMaster, Levy, Rauh, Verity
 Associate Professor: Lebsack
 Assistant Professors: Alibiglou, Domingo, Gobie, Gornbalto, Smith, Tuttle
 Lecturers: Thurman, Voigt

Offered by the School

Doctor of Physical Therapy.
 Master of Arts degree in kinesiology.
 Master of Science degree in exercise physiology.
 Master of Science degree in nutritional science and Master of Science degree in exercise physiology (concurrent program).
 Major in athletic training with the B.S. degree in applied arts and sciences.
 Major in kinesiology with the B.S. degree in applied arts and sciences.
 Emphasis in exercise science generalist.
 Emphasis in fitness specialist.
 Emphasis in physical education.
 Emphasis in prephysical therapy.

The Major

Athletic Training. The athletic training major is a CAATE accredited undergraduate major. The program leads students to a career in athletic training and eligibility to sit for the Board of Certification athletic training examination. Certified athletic trainers are responsible for the prevention, management, and rehabilitation of athletic and physically active injuries. They work in such diverse areas as high schools, community colleges, universities, sports medicine clinics, corporate/industrial settings, and professional athletics. The athletic training program is comprised of two components of study, a preprofessional program and a professional program. The professional program requires application to the program and includes a clinical education component. The clinical education component is an intensive, hands-on service learning program that provides students with the opportunity to apply psychomotor skills in a real athletic environment under the direct supervision of a certified athletic trainer. Students are given the opportunity to practice what they learn in a variety of clinical education settings included, but not limited to, the Department of Athletics at San Diego State University, University of California, San Diego, University of San Diego, Grossmont Community College, San Diego Mesa Community College, Cuyamaca Community College, San Diego City College, Southwestern Community College, Rancho Bernardo High School, and Cathedral Catholic High School. Due to the required supervision of the clinical education component, there are a limited number of spaces for students in the professional program per year. Therefore, the application process is competitive and based upon a variety of criteria outlined under "Standards for Admission." Students interested in the athletic training major should meet with the program director as soon as possible in their academic career for the most current information.

Kinesiology. The kinesiology major with emphases in fitness specialist, physical education, and prephysical therapy presents to students 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.

Emphasis in Exercise Science Generalist

Students in the exercise science generalist 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 develop exercise programming for apparently healthy persons in diverse fitness and health settings, and (2) attain certifications that reflect knowledge of the scientific principles that govern leadership in exercise and health enhancement programs. Graduates work as fitness professionals in corporate, community, clinical, and commercial fitness programs. There are also career opportunities for employment in the business sector to include fitness and wellness, and community programs. Graduates in the exercise science generalist emphasis are not as well prepared as those coming from the fitness specialist and may not be as competitive for employment or admission to graduate kinesiology programs.

Emphasis in Fitness Specialist

Students in the fitness specialist 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 develop exercise programming for apparently healthy persons in diverse fitness and health settings, and (2) attain certifications that reflect knowledge of the scientific principles that govern leadership in exercise and health enhancement programs. Graduates work as fitness professionals in corporate, community, clinical, and commercial fitness programs. There are also career opportunities for employment in the business sector to include fitness and wellness, community programs, cardiac rehabilitation, and human efficiency research.

Emphasis in Physical Education

Graduates in the physical education emphasis 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 interscholastic level as well as with community and commercial sports clubs.

Emphasis in Prephysical Therapy

The prephysical therapy emphasis prepares students to meet the academic requirements necessary for entry to postgraduate education for rehabilitative professions such as physical therapy, chiropractic, occupational therapy, physician assistant, and podiatry. Students find employment in a broad range of medical 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.

Standards for Admission

Admission to the University

Applicants must be eligible for admission to the university. See "Regulations: Admission and Registration" section of this catalog. Once accepted to the university, students interested in the athletic training major are subject to further screening by the School of Exercise and Nutritional Sciences and the athletic training professional program.

244 SDSU General Catalog 2014-2015

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http://arweb.sdsu.edu/es/catalog/2014-15/GeneralCatalog/072_Exercise%20and%20Nutritional%20Sciences.pdf