

School of Exercise and Nutritional Sciences

2012-2013

(Requirements for students entering the major effective Fall 2012)

ENS Advising Office: ENS 353

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Students majoring in Kinesiology are required to:

- 1) Meet all University graduation requirements as listed in the General Catalog
- 2) Complete one of the four areas of emphasis offered by the department

KINESIOLOGY B.S Degree – Fitness Specialist

Preparation for the Major (32 units)

Prerequisites

BIOL	212	(4)	Human Anatomy	BIOL 100 or 203
	100	(3)	General Biology	Concurrent reg in BIO 100L
	100L	(1)	General Biology Lab	Credit or concurrent reg in BIO 100
CHEM	100	(4)	Intro to General Chemistry	
PSYCH	101	(3)	Introductory Psychology	
SOC	101	(3)	Introductory Sociology: The Study of Society	
NUTR	201	(3)	Introduction to Nutrition	BIOL 100; Chem 100 or Chem 200
ENS		(2)	ENS Activity	
	104A or B	(1)	Weight Training	
	200	(3)	Intro to ENS	
	265	(2)	Techniques of Athletic Training	Credit or concurrent in BIOL 212

One Course from: (3)

BIOL	215		Biostatistics	MATH 121 or 140; BIOL 201
ECON	201		Statistical Methods	ELM; Course in Intermediate Algebra
STAT	119		Elem Statistics for Business	ELM; Math Placement Exam, Part 1A
PSYCH	280		Statistical Methods in Psychology	Several- See <i>General Catalog</i>
SOC	201		Elem Social Statistics	SOC 101; course in Intern. Algebra; ELM; Math Placement Exam, Part 1A

Upper Division Major: (51 units)

BIOL	336	(3)	Principles of Human Physiology	GE Foundation IIA. Life Sciences
NUTR	312#	(3)	Nutrition for Athletes	NUTR 201
	304	(3)	Nutrition Throughout the Lifespan	NUTR 201
ENS	301	(3)	Physical Growth and Development	ENS 200 or concurrent
	302	(3)	History and Philosophy: Phys Act & Sport	ENS 200 or concurrent
	303	(3)	Applied Kinesiology	ENS 200, BIOL 212
	304#	(3)	Physiology of Exercise	BIOL 336 (C or better)
	304L	(1)	Exercise Physiology Lab	ENS 304 or concurrent
	305	(3)	Measurement & Evaluation in Kinesiology	Statistics course
	306	(3)	Biomechanics of Human Movement	ENS 303
	307	(3)	Motor Learning & Performance	PSYCH 101, statistics course
	363	(3)	Corrective Physical Education	ENS 303
	388	(1)	Adapted Phys Ed Lab	ENS 363 and senior standing
	401A	(1)	Musculo-Skeletal Fitness	ENS 304, 306,304L, concurrent in 401B
	401B	(1)	Musculo-Skeletal Fitness Activity	Concurrent reg in ENS 401A
	431	(2)	Admin of Exercise & Fitness Program	ENS 303, 304, 304L
	432	(2)	Exercise, Fitness & Health	ENS 303, 304, 305, 304L, concurrent in 432L
	432L	(1)	Exercise, Fitness & Health Lab	Concurrent enrollment in ENS 432
	433	(3)	Exercise, Sport & Aging	ENS 301, 304
	434	(3)	Promoting Physical Act. & Healthy Eating	Upper Division Standing
Select 3 units from the following				
ENS	440***	(3)	Fitness Practitioner Internship	Credit or Concurrent enrollment in ENS 432/432L & 433
ENS	388	(1-3)	Adapted Phys Ed Lab	ENS 348 or 363 or 367/367L
ENS	499	(1-3)	Special Study	Consent of School Director
MGT	350	(3)	Management & Organizational Behavior	Upper division standing
MKTG	370	(3)	Marketing	Approved major by CBA

Other upper division course related to career goals (approval from UG Advisor)

BIOL 336 & NUTR 201 must be completed with a "C" or better; ***Prerequisites must be completed with "B" or better
Recommended for G.E. requirement IV.B: HHS350-fulfills cultural diversity and study abroad requirement

SDSU General Education Requirements

Checklist for Kinesiology Majors: Fitness Specialist

(Note: G.E. courses under sections I. and II. below are also prerequisites to the major)

- ___ Math and Writing Requirements- See General Catalog
- ___ American Institutions Requirement- See General Catalog
- ___ General Education Requirements- See General Catalog

I. Communications and Critical Thinking (see General Catalog)

- ___ 1. Oral Communications- COMM 103
- ___ 2. Composition- select one
- ___ 3. Intermediate Composition and Critical Thinking- select one

II. Foundations

A. Natural Sciences & Quantitative Reasoning

- ___ 1. Physical Sciences- CHEM 100
- ___ 2. Life Sciences- BIOL 100
- ___ 3. Laboratory- BIOL 100L
- ___ 4. Math/Quant. Reasoning- statistics course (see prep. for major choices)

B. Social And Behavioral Sciences

- ___ PSYCH 101
- ___ SOC 101

C. Humanities: must complete 4 of 5 areas, see General Catalog

- ___ 1. Literature
- ___ 2. Arts, Dance, Drama, Humanities, and Music
- ___ 3. History
- ___ 4. Philosophy and Religious Studies
- ___ 5. Foreign Language

___ III. American Institutions (3 units)

Can be any one of two courses from American Institution Requirement above

IV. Explorations (see listings in General Catalog)

- ___ A. Natural Sciences- BIOL 336*
- ___ B. Soc. & Behavioral Sci.- Recommend HHS350 (cross cultural)†
- ___ C. Humanities- Select one course†

* Biology 336 must be taken no sooner than the semester in which you achieve upper division standing (60 units passed). **Biology 336 not open to students with credit in lower division human physiology (see dept. advisor).**

† One of the two courses (IV B or C) must be a cross-cultural course.

MODEL PROGRAM SCHEDULE:
FITNESS Specialist (F 2012)

KINESIOLOGY B.S. DEGREE
San Diego State University
School of Exercise and Nutritional Sciences

Semester 1	Units	Pre Reqs	Semester 2	Units	Pre Reqs.
BIOL 100/100L (GE II A)	4	Concurrent reg.	BIOL 212*	4	BIOL 100 or 203
Composition (GE I)	3	See General Catalog	CHEM 100 (GE II A)	4	
ENS 104A or B	1		Statistics Course (GE IIA)#	3	See pg. 1 of Advising Sheet
ENS 200*	3		ENS ACTIVITY	1	
PSYCH 101 (GE II B)	3		Int. Comp. (GE I)	3	See General Catalog
Oral communication (GE I)	3				
TOTAL	17		TOTAL	15	

Semester 3	Units	Pre Reqs	Semester 4	Units	Pre Reqs.
Humanities (GE II C)	3		Electives	3	
SOC 101 (GE IIB)	3		ENS ACTIVITY	1	
Amer Instit	3		Amer Instit (GE III)	3	
ENS 265	2	Credit or concurrent in BIOL 212	Humanities (GE II C)	3	
Humanities (GE II C)	3		NUTR 201	3	BIOL 100/100L ; CHEM 100
			Humanities (GE II C)	3	
TOTAL	14		TOTAL	16	

Writing Proficiency Assessment Required

Semester 5	Units	Pre Reqs	Semester 6	Units	Pre Reqs.
ENS 301	3	ENS 200	ENS 304	3	*BIOL 336
ENS 303	3	*BIOL 212, ENS 200	ENS 304L	1	ENS 304 or concurrent
ENS 305	3	statistics	ENS 306	3	ENS 303
ENS 307	3	PSYCH 101, statistics	ENS 363	3	ENS 303
BIOL 336 (GE IV A)**	3	GE II A	NUTR304	3	
			ENS 302	3	ENS 200
TOTAL	15		TOTAL	16	

Semester 7	Units	Pre Reqs	Semester 8	Units	Pre Reqs.
ENS 388	1	ENS 363 and senior standing	Humanities (GE IV C)	3	
ENS 431	2	ENS 301,304,304L	ENS 433	3	ENS 301, 304
ENS 401A/401B	2	ENS 304,306,304L	Electives	1	
ENS 432/432L	3	ENS 303,304,305,304L	ENS 434	3	
NUTR 312	3	NUTR 201	Approved Major Electives	3	
GE IV B (rec SOC 355)	3				
TOTAL	14		TOTAL	13	

GRAND TOTAL = 120 UNITS

** Note: For GE credit under Explorations, BIOL 336 must be taken no sooner than the semester in which you achieve upper division standing (60 units passed). Must earn a C or better BIOL 336 **not open** to students with credit in lower division human physiology. **Fall only classes:** ENS431, NUTR312

Spring only classes: ENS 440, ENS433

*Need grade of C or better

#Must satisfy ELM, pass Math Dept Placement Exam Part 1A prior. **Required Impaction GPA: 2,80**

Note. Effective Fall 2012 ENS304L and ENS 431 will not be offered. Please see Dr. Patterson for the necessary paperwork.

Effective fall 2012, all students must complete a study abroad experience prior to graduation. HHS350 is recommended as it fulfills Category B Explorations, cultural diversity, and includes a study abroad experience. Please contact Suzanne Baker (suzanne.baker@mail.sdsu.edu) for more information.

IMPORTANT INFORMATION

- Always bring a current degree audit (not a transcript) when you meet with an ENS advisor.
- You must see an ENS advisor to change from Pre-major to Major status.
- You cannot take any preparation for the major or upper division major courses CR/NCR.
- Neither ENS 330 ENS 331 nor BIOL 341 nor NUTR 313 can be used for the Exploration requirement for Foods and Nutrition majors and Kinesiology majors.
- Do not take upper division GE's (Exploration courses) until you have 60 units.
- Be sure to take at least one Exploration course with a "+" or "*". This indicates that the course meets the cultural diversity requirement.
- Do not take more than 7 units in any one department for your GE requirements. For example, if you take SOC 201 for your statistics, you cannot take SOC 355 for your Social and Behavioral Sciences Exploration because you will have 9 units in Sociology including SOC 101.
- If you have credit for BIOL 261 (Human Physiology) you cannot take BIOL 336 or BIOL 436. See an advisor for a substitute course.
- Keep this advising sheet as it reflects your catalog year. Changes may be made annually and new advising sheets might not reflect your catalog requirements.