

# BS IN KINESIOLOGY (EXERCISE SCIENCE)

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**SACRAMENTO STATE**  
*Redefine the Possible*

## In Workflow

1. KHS Committee Chair (andrea.becker@csus.edu; matt.brown@csus.edu)
2. KHS Chair (wrightm@csus.edu)
3. HHS College Committee Chair (heather.thompson@csus.edu)
4. HHS Dean (sac19804@csus.edu)
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6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Faculty Senate Executive Committee Chair (kathy.garcia@csus.edu)
8. Faculty Senate Chair (kathy.garcia@csus.edu)
9. Dean of Undergraduate (james.german@csus.edu; celena.showers@csus.edu)
10. Dean of Graduate (cnewsome@skymail.csus.edu)
11. President (218709830@csus.edu)
12. Provost (amy.wallace@csus.edu; minekh@csus.edu)
13. Chancellor's Office (torsetj@csus.edu)
14. Catalog Editor (torsetj@csus.edu)
15. Registrar's Office (w lindsey@csus.edu)

## Approval Path

1. Mon, 15 Mar 2021 14:41:09 GMT  
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
2. Thu, 18 Mar 2021 04:28:25 GMT  
Michael Wright (wrightm): Approved for KHS Chair
3. Tue, 06 Apr 2021 23:17:55 GMT  
Heather Thompson (heather.thompson): Rollback to KHS Chair for HHS College Committee Chair
4. Mon, 26 Apr 2021 17:50:46 GMT  
Michael Wright (wrightm): Approved for KHS Chair
5. Tue, 04 May 2021 20:08:10 GMT  
Heather Thompson (heather.thompson): Rollback to KHS Chair for HHS College Committee Chair
6. Tue, 04 May 2021 20:13:21 GMT  
Michael Wright (wrightm): Approved for KHS Chair
7. Thu, 06 May 2021 00:17:20 GMT  
Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
8. Thu, 06 May 2021 16:43:22 GMT  
Robert Pieretti (sac19804): Approved for HHS Dean

## History

1. May 2, 2018 by clmig-jwehrheim
2. Sep 14, 2018 by 212408496
3. Oct 2, 2018 by 212408496
4. Feb 11, 2019 by 212408496
5. Apr 28, 2020 by Celena Showers (celena.showers)

## Program Discontinuation Proposal

Date Submitted: Wed, 24 Feb 2021 22:10:40 GMT

**Viewing: BS in Kinesiology (Exercise Science)**

**Last approved: Tue, 28 Apr 2020 18:09:31 GMT**

**Last edit: Tue, 04 May 2021 20:13:03 GMT**

Changes proposed by: Jennifer Park (101031446)

2022-2023 Catalog

Adoption of new BS/Exercise Science program for 2020 catalogue

None.

Consulted with Department Chair of Kinesiology about timing of discontinuing program.

Program is replaced by BS/Exercise Science (Clinical Exercise & Rehab) and BS/Exercise Science (Strength & Conditioning) without changing undergraduate requirements or displacing students. Students currently enrolled in program will have the opportunity to continue on program plan until the end of Summer 2022 which would be their typical graduation date. Students unable to finish in that time frame can be advised into new programs without delay in graduation as many of the same requirements and courses will remain intact. Students have 3 semesters for a teach out in BS/Kinesiology (Exercise Science) major. Students in the major will also be supported by faculty advisors who can help them change to the new BS/Exercise Science program at the time students apply to graduate. The majority of students are in the pre-major program and will be advised and signed directly into the new BS/Exercise Science major at the time they finish the pre-major courses.

All resources (faculty, lab space, equipment, etc.) have been shifted to updated BS/Exercise Science that began with Fall 2020 catalogue

**Academic Group: (College)**

Health & Human Services

**Academic Organization: (Department)**

Kinesiology

**Catalog Year Effective:**

2022-2023 Catalog

**Type of Program Proposal:**

Major

**Title of the Program:**

BS in Kinesiology (Exercise Science)

**Catalog Description:**

**Units required for Major: 60**

**Units required for Health Fitness/Strength Conditioning Specialist Option: 60**

**Units required for Clinical Exercise & Rehabilitation Specialist Option: 60**

**Total units required for BS: 120**

## Program Description

This concentration has two options: 1) Health Fitness/Strength Conditioning and 2) Clinical Exercise & Rehabilitation. The Health Fitness/Strength Conditioning option prepares students for graduate work in the areas of exercise and sport science, as well as for careers in personal training, cardiac rehabilitation, wellness, fitness consulting in business/industry and health clubs, and other paramedical and health related fields. The Clinical Exercise & Rehabilitation option provides students with in-depth science-based coursework which meets the prerequisite requirements for most Physical Therapy, Occupational Therapy, and other health related professional preparation programs. Admission to professional preparation programs is competitive and it is critical that students work closely with an assigned advisor to plan coursework.

**Note:** Students graduating with a **BS in Kinesiology—Exercise Science Concentration** will not be subject to the University's Foreign Language Graduation Requirement. Students who change major may be subject to the University's Foreign Language Graduation Requirement.

**Admission Requirements: Course prerequisites and other criteria for admission of students to the degree major program, and for their continuation in it.**

## Pre-Major Requirements

Freshman or transfer students interested in the BS Exercise Science Concentration Kinesiology Major are admitted as Pre-Exercise Science Concentration Kinesiology Major students.

To change to a BS Exercise Science Concentration Kinesiology major, Pre-major students are required to complete the following grade and course requirements and submit a Declaration of Major/Concentration to the Kinesiology Department Office along with transcript copies.

1. An overall GPA of 2.0.
2. Completion of the **Pre-Major required courses** with a "C-" or better. Only first and second attempts will be considered.

## Minimum Grade Requirement

All courses counted for the Exercise Science Concentration must be completed with a "C-" or better.

**Program Requirements: (If new courses are being created as part of a new program, it will be useful to propose courses first.)**

## Program Requirements

| Code   | Title  | Units     |
|--|--|-----------|
| <b>Pre-Major Required Courses (17 Units)</b>           |  |           |
| BIO 10   | Basic Biological Concepts <sup>1</sup>                                   | 3         |
| BIO 22   | Introductory Human Anatomy   | 4         |
| CHEM 1A<br>or CHEM 6A                                  | General Chemistry I <sup>1</sup><br>Introduction to General Chemistry    | 5         |
| CHEM 1B<br>or CHEM 6B                                  | General Chemistry II<br>Introduction to Organic and Biological Chemistry | 5         |
| <b>Required Upper Division (30 Units)</b>              |  |           |
| BIO 131  | Systemic Physiology  | 4         |
| KINS 151   | Kinesiology  | 3         |
| KINS 151A  | Biomechanics   | 3         |
| KINS 152   | Physiology Of Exercise   | 3         |
| KINS 152A  | Fundamentals of Exercise Programs  | 3         |
| KINS 152S  | Energy Production & Sports Performance                                   | 3         |
| KINS 144   | Analysis of Weight Training & Muscular Fitness                           | 2         |
| KINS 153   | Cardiovascular Testing and Exercise Prescription                         | 3         |
| KINS 156   | Care Of Athletic Injuries  | 3         |
| KINS 158   | Motor Learning and Control   | 3         |
| <b>Specialist Options (13 Units)</b>                   |  |           |
| Select one of the following specialist options:        |  | 13        |
| Health Fitness/Strength Conditioning Specialist Option |  |           |
| Clinical Exercise & Rehabilitation Specialist Option   |  |           |
| <b>Total Units</b>                                     |  | <b>60</b> |

<sup>1</sup> Course also satisfies General Education (GE)/Graduation Requirement.

### Health Fitness/Strength Conditioning Specialist Option

In prior consultation with an exercise science advisor, a minimal of 13 units from the recommended list of courses below are required **in addition to the core courses above:**

| Code   | Title  | Units     |
|--|--|-----------|
| Select a minimum of 13 units from the following: |  |           |
| FACS 10  | Course FACS 10 Not Found <sup>1</sup>                | 13        |
| FACS 113   | Course FACS 113 Not Found <sup>1</sup>               |           |
| KINS 120   | Strength and Conditioning                            |           |
| KINS 122B  | Cardiopulmonary Resuscitation                        |           |
| KINS 132   | Planning, Designing and Managing a Fitness Center    |           |
| KINS 136   | Sport And Aging                                      |           |
| KINS 151B  | Biomechanics II                                      |           |
| KINS 152B  | Exercise Physiology of Women                         |           |
| KINS 152C  | Prolonged Exercise                                   |           |
| KINS 152D  | Blood Lactate and Exercise                           |           |
| KINS 160   | Sport and Exercise Psychology                        |           |
| PHYS 5A  | General Physics: Mechanics, Heat, Sound <sup>1</sup> |           |
| STAT 1   | Introduction to Statistics <sup>1</sup>              |           |
| <b>Total Units</b>                               |  | <b>13</b> |

<sup>1</sup> Course also satisfies General Education (GE)/Graduation Requirement.

### Clinical Exercise & Rehabilitation Specialist Option

In prior consultation with an exercise science advisor, a minimal of 13 units from the recommended list of courses below are required **in addition to the core courses above:**

| Code   | Title   | Units     |
|--|---|-----------|
| Select a minimum of 13 units from the following: |   | 13        |
| BIO 39   | Microbiology for Allied Health Students                           |           |
| BIO 106  | Genetics: From Mendel to Molecules                                |           |
| BIO 122  | Advanced Human Anatomy  |           |
| BIO 123  | Neuroanatomy  |           |
| BIO 130  | Histology   |           |
| BIO 132  | Neurophysiology   |           |
| BIO 133  | Cardiovascular, Respiratory and Renal Physiology                  |           |
| CHEM 20  | Organic Chemistry Lecture–Brief Course                            |           |
| CHEM 161   | General Biochemistry  |           |
| FACS 10  | Course FACS 10 Not Found <sup>1</sup>                             |           |
| FACS 113   | Course FACS 113 Not Found <sup>1</sup>                            |           |
| KINS 122B  | Cardiopulmonary Resuscitation                                     |           |
| KINS 151B  | Biomechanics II   |           |
| KINS 153C  | Cardiac Rehabilitation & Exercise Electrocardiography             |           |
| KINS 154A  | Principles and Techniques in a Clinical Setting                   |           |
| NURS 14  | Pharmacology  |           |
| PT 130   | Course PT 130 Not Found   |           |
| PHYS 5A  | General Physics: Mechanics, Heat, Sound <sup>1</sup>              |           |
| PHYS 5B  | General Physics: Light, Electricity and Magnetism, Modern Physics |           |
| PSYC 150   | Psychological Aspects of Aging                                    |           |
| or PSYC 168                                      | Abnormal Psychology   |           |
| STAT 1   | Introduction to Statistics <sup>1</sup>                           |           |
| <b>Total Units</b>                               |   | <b>13</b> |

<sup>1</sup> Course also satisfies General Education (GE)/Graduation Requirement.

## General Education Requirements <sup>1</sup>

| Code  | Title   | Units        |
|---|---|--------------|
| <b>Area A: Basic Subjects (9 Units)</b>                         |   |              |
| A1  | Oral Communication  | 3            |
| A2  | Written Communication   | 3            |
| A3  | Critical Thinking   | 3            |
| <b>Area B: Physical Universe and Its Life Forms (0-6 Units)</b> |   |              |
| B1  | Physical Science <sup>2</sup>   | 0            |
| B2  | Life Forms <sup>2</sup>   | 0            |
| B3  | Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5) <sup>2</sup>   | 0            |
| B4  | Math Concepts <sup>3</sup>  | 0 - 3        |
| B5  | Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements. <sup>4</sup> | 0 - 3        |
| <b>Area C: Arts and Humanities (12 Units)</b>                   |   |              |
| C1  | Arts  | 3            |
| C2  | Humanities  | 3            |
| C1/C2   | Area C Course   | 3            |
| C1/C2   | Area C Course - Take upper-division course to complete Area & upper division requirements.  | 3            |
| <b>Area D: The Individual and Society (12 Units)</b>            |   |              |
| Area D Course   |   | 3            |
| Area D Course   |   | 3            |
| Area D Course   |   | 3            |
| Area D Course   | - Take upper-division course to complete Area & upper division requirements.  | 3            |
| <b>Area E: Understanding Personal Development (0-3 Units)</b>   |   |              |
| Area E Course <sup>5</sup>                                      |   | 0 - 3        |
| <b>Total Units</b>  |   | <b>33-42</b> |

<sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).

**Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email ([advising@csus.edu](mailto:advising@csus.edu)).

- 2 Required in Major; also satisfies GE.
- 3 Department offers students a "select from the following option" within the Specialist Options:  
 • If student chooses to take STAT 1, they will meet Area B4.
- 4 Department offers students a "select from the following option" within the Specialist Options:  
 • If student chooses to take FACS 113, they will meet Area B5.
- 5 Department offers students a "select from the following option" within the Specialist Options:  
 • If student chooses to take FACS 10, they will meet Area E.

## Graduation Requirements <sup>1</sup>

| Code  | Title  | Units |
|---|--|-------|
| <b>Graduation Requirements (required by CSU) (9 Units)</b>              |  |       |
|   | American Institutions: U.S. History                      | 3     |
|   | American Institutions: U.S. Constitution & CA Government | 3     |
|   | Writing Intensive (WI)                                   | 3     |
| <b>Graduation Requirements (required by Sacramento State) (6 Units)</b> |  |       |
|   | English Composition II                                   | 3     |
|   | Race and Ethnicity in American Society (RE)              | 3     |
|   | Foreign Language Proficiency Requirement <sup>2</sup>    | 0     |

<sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).

**Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email ([advising@csus.edu](mailto:advising@csus.edu)).

<sup>2</sup> If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>

**Note:** Students with a declared major of BS in Kinesiology (Exercise Science) are exempt from the Foreign Language Graduation Requirement.

### Reviewer Comments:

**Heather Thompson (heather.thompson) (Tue, 06 Apr 2021 23:17:55 GMT):** Rollback: Committee voted to revise & resubmit. Please refer to the discussion at the meeting. Committee members from the department will provide detailed changes to the chair/author. Once re-submitted, Academic Council will review the proposal.

**Heather Thompson (heather.thompson) (Tue, 04 May 2021 20:08:10 GMT):** Rollback: Rollback to department to add additional information.

Key: 180