

# 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

[www.humboldt.edu/kra](http://www.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.

\* Course has a prerequisite of BIOL 104 (3 units) or BIOL 105 (4 units)

## 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. 66-80. 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 (12 units)

HED 120	(1) Responding to Emergencies — CPR/FPR
KINS 165	(3) Foundations of Kinesiology
ZOOL 113	(4) Human Physiology*
ZOOL 270	(4) Human Anatomy

### 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. (37-43 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.

Exercise Science: core (32 units) + concentration (37 units) = 69 units

## Leading/Teaching Activity

Three (3) units of courses selected in consultation with advisor.

## Lower Division Requirements

HED 231 (3) Basic Human Nutrition

## Upper Division Requirements

KINS 425	(3) Strength & Conditioning
KINS 450	(3) Exercise Testing
KINS 455	(3) Exercise Prescription/ Leadership
KINS 482	(7) Internship in Kinesiology

Complete at least 3 units, 1 of which must be KINS 460.

KINS 460	(1) Human Performance Lab Techniques
KINS 487	(2) Biomechanics Lab Techniques
KINS 495	(1-6) Directed Field Experience

## Electives

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

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 276	(3) Techniques in Athletic Training
KINS 447	(3) Pharmacology & Ergogenic Aids
REC 210	(3) Recreation Leadership
REC 220	(3) Leisure Programming
REC 320	(3) Organization, Administration & Facility Planning
REC 420	(3) Legal & Financial Aspects of Recreation

## 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 gymnasias, an indoor pool, an all-weather track, cross-country trails, a field house, weight room, and stadium.

**Please note:** Degree requirements listed here do not include professional education courses required for the credential. Students earning this degree may waive CSET assessment 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 SED 210/SED 410 and complete EDUC 285 or equivalent.

Physical Education Teaching: core (32 units) + concentration (37-38) = 69-70 units

### 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

### Emphases

Select either a teaching emphasis or a coaching emphasis.

### Teaching Emphasis (12 units)\*\*

KINS 384	(3) Curriculum & Instructional Strategies in Physical Education
KINS 385	(3) Adapted Physical Education
KINS 475	(3) Elementary School Physical Education
HED 405	(3) School Health Programs

\*\*To enter any state-approved credential program, a student must take:

EDUC 285	(3) Technology For Educators
SED 210	(1) Early Field Experience
SED 410	(1-3) Observation & Participation Seminar

### Coaching Emphasis (11 units)

KINS 425	(3) Strength & Conditioning
KINS 447	(3) Pharmacology & Ergogenic Aids
KINS 486	(2) Theory of Coaching
KINS 490	(3) Practica

**NOTE:** Students should consult with their academic advisor each semester for recent curricular modifications.

### Additional Requirements (12 units)

KINS 276	(3) Techniques in Athletic Training
KINS 378	(3) Sport & Society
REC 320	(3) Organization, Administration & Facility Planning

Take one course from the following to complete requirements:

HED 231	(3) Basic Human Nutrition
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 HP Program
HED 392	(3) Community & Population Health
KINS 425	(3) Strength & Conditioning
KINS 447	(3) Pharmacology & Ergogenic Aids
KINS 450	(3) Exercise Testing
KINS 455	(3) Exercise Prescription/Leadership
KINS 535	(2) Assessment Techniques
KINS 577	(4) Adapted Physical Education Program
REC 302	(3) Inclusive Recreation

### 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.

Pre-Physical Therapy: core (32 units) + concentration (43 units) = 75 units total.

Note: 15 units of lower division courses below will also double-count with GE courses.

### Lower Division

BIOL 105	(4) Principles of Biology
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 Physic
PSYC 104	(3) Introduction to Psychology
SOC 104	(3) Introduction to Sociology
STAT 108	(4) Elementary Statistics

### Upper Division

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

### REQUIREMENTS FOR THE MINORS

Please consult the department chair for current requirements.

\* Course has a prerequisite of MATH 114 (3) or MATH 115 (4)

## 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.

