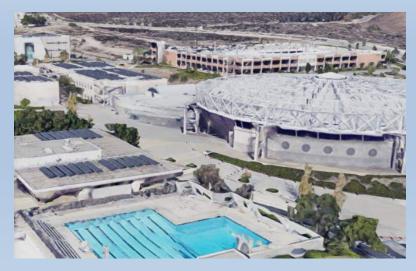


Department of Kinesiology





OBJECTIVES

- 1. Introduce the department (10 min)
- 2. FAQs about advising (45 min)
- 3. Plan courses for the next few semesters



WHAT IS KINESIOLOGY?

Kinesiology is the art and scientific study of human movement



DEPARTMENT OF KINESIOLOGY

- ~950 students
- 17 full time faculty
- Over 30 adjunct faculty & staff members





TIPS FOR SUCCESS

- Meet the faculty
- Develop professionalism
- Update MyCap plan every term
- Get involved outside of class
 - Kinesiology Student Association
 - Exercise is Medicine On Campus
 - Research Teams



KINESIOLOGY STUDENT ASSOCIATION





EXERCISE IS MEDICINE – ON CAMPUS



FREE EXERCISE CONSULTATIONS

WHEN: APRIL 1, 2019 - JUNE 10, 2019

TWO LOCATIONS:

San Bernardin

	STUDENT HEALTH CENTER	HEALTH & PE COMPLEX ROOM HP-126	Evide
Mon	10 AM - 2 PM 4 PM - 5 PM	8 AM - 10 AM 2 P <mark>M - 4</mark> PM	reco
Tue	10 AM - 12 PM 3 PM - 5 PM	12 PM - 3 PM	1-01
Wed	10 AM - 11 AM 1 PM - 3 PM 4 PM - 5 PM	11 AM - 1 PM 3 PM - 4 PM	20-n • Da • Er
Thu	Consultation hours at SHC not available on Thursdays	10 AM - 5 PM	• Ize • No • Ka
Fri	11 AM - 1 PM	8 AM - 11 AM 1 PM - 3 PM	• Ma • Da • So
	Please see reverse side fo	r appointment information	• Ka
	ExeRcise is Medicine	CSUSB	For question
	On Campus California State University -	Kinesiology	Dr. Jason Ng Jason . Ng@c

Individualized exercise plans with kinesiology interns

Learn to incorporate activity into daily life

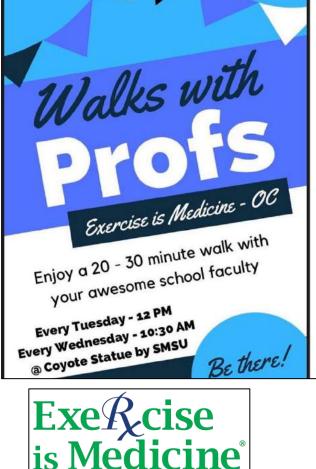
Evidence-based recommended exercise guidelines

1-on-1

- 20-min sessions with:
- Darlene Abrego, EMT
- Eric Castro
 Izelle Ceballos
- Nolita Fiame
- Karina Perez-Gallegos
- Mayra GonzalezDavid Howard
- Sonia Martinez, NSCA-CPT
- Karen Quezada



Jason . Ng@csusb . edu



On Campus

California State University · San Bernardino



#stavactive #bemotivated #motivation





RESEARCH









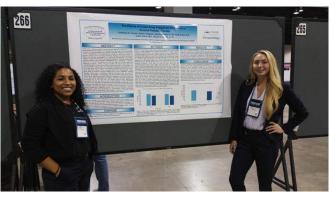
















CONCENTRATIONS AND ADVISING

- Three concentrations at CSUSB
 - Exercise Science (ES)
 - Allied Health Professions (AHP)
 - Physical Education & Adapted Physical Education (PEAPE)



How does advising work?

- Students use guidelines to plan courses on MyCap
- Make an appointment with a faculty advisor to get it checked
- Kinesiology Advising Coordinator:
 - Dr. Jason Ng
 - Jason.Ng@csusb.edu
 - Cameron Van Wye
 - Cameron.VanWye@csusb.edu



Book an appointment



What GE courses should I take?

- 1. Use the <u>General Education</u> advising sheets for guidance
- 2. Select GEs that also have WI, DI, and/or G in parentheses
- See concentration advising sheets (more on this soon) for more major courses that also count as GEs



B.S. in Kinesiology - General Education Program GE units required: 49 (this page)

GE units required: 49 (this page) Major units required: 71 Total units required for graduation: 120 For list of classes, see https://bulletin.csusb.edu/general-education-program/

	GE Requirement	Category	Course Number	Course Name	Units	Prerequisites	Semester Offered	Quarter Equivalent	Notes
	Foundation Seminar	E	KINE 2050	Foundations for Lifetime Fitness and Wellness	3		F/S	KINE 205	
]	Oral Communication	A1			3				
	Written Communication	A2			3		ļ		
	Critical Thinking	A3			3				
units)			MATH 1301,	1301: Modeling with Functions					•ES/PEAPE: take MATH 1301 as prerequisite
(21 m	Mathematics/Quantitative Reasoning	B4	MATH 1401,	1401: Accelerated Preparation for Calculus					for KINE 3700
(2	manena bay quanta arve neasoning		MATH 1601, or MATH 2210	1601: Modeling with Calculus 2210: Calculus I					•AHP: take MATH 1301, 1401, 1601, or 2210 depending on future graduate program
	American Government	D1			3				
17	United States History/Ethnic Studies	D2/F			3				Catalog Year 2020 will see Category D2; Catalog Year 2021 will see Category F
a second second	Scientific Inquiry (Category B)								
	Physical Science	B1			3				
	Life Science	B2	BIOL 2240	Human Anatomy & Physiology II	3		S	BIOL 224	Required for KINE students
	Lab Activity	B 3	BIOL 2240	Human Anatomy & Physiology II	1		S	BIOL 224	Required for KINE students
	Upper Division Scientific Inquiry	B5	KINE 3000 or	3000: Exercise and Well-Being of the Human Body	1 141				•ES/AHP: take KINE 3000
557			KINE 3700	3700: Statistics in Kinesiology	4.000		2		PEAPE only : take KINE 3700
units)	Arts & Humanities (Category C)	2			11		-		
281	Arts	C1			3				
-	Humanities	C2			3		1		
(28 u	Arts or Humanities	C3			3				Select another course from C1 or C2
	Upper Division Arts or Humanities	C4			3		1		
	Social Sciences (Category D)				1 1				
3	Social Sciences Discipline Perspective	D3			3		l l		
	Upper Division Social Science	D4			3				
15	Writing Intensive - Any GE w/WI	WI							
nation	Writing Intensive - UD w/WI	WI	KINE 3700	Statistics in Kinesiology		GE B4	F/S	KINE 370	Select classes above with these WI, DI, and
gua	Diversity and Inclusion	DI	20010.0.1996201		1 . 		1		designations; avoid taking extra courses
Des	Global Perspectives	G			-				

Last updated: April 4, 2022

What Kinesiology courses should I take?

- 1. Prioritize the following:
 - a. BIOL 2230 (ASAP)
 - b. BIOL 2240 (immediately after BIOL 2230)
 - c. KINE 3200 & KINE 3800 (immediately after BIOL 2240)
 - d. KINE 3100
- 2. The first digit of each course number suggests the year to take that course.
 - E.g., BIOL 2230 means take that during your 2nd year
- 3. Use the one of the kinesiology advising sheets for more guidance:
 - a. <u>Allied Health Professions Concentration</u>
 - b. Exercise Science Concentration
 - c. <u>Physical Education & Adapted Physical Education Concentration</u>



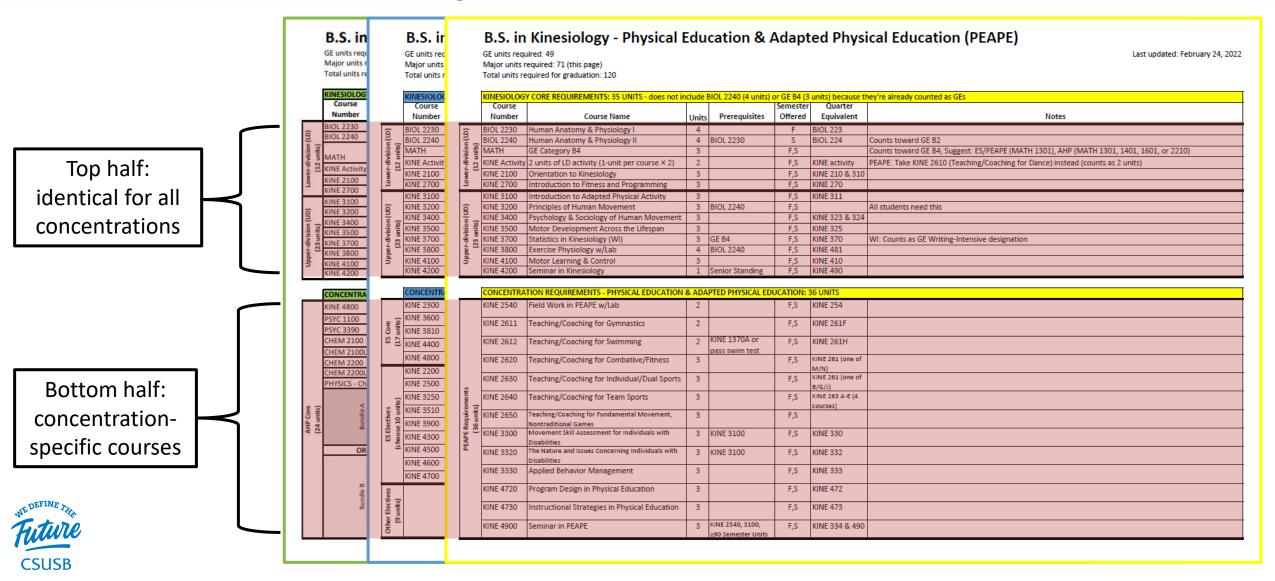
What are the kinesiology advising sheets?

These are a lists of courses for each concentration with pertinent information

Cours Number BIOL 223 BIOL 224	er Course Name 0 Human Anatomy & Physiology I 0 Human Anatomy & Physiology II GE Category B4	Major uni Total unit				Kinesiology - Physical I					
(12 units) (12 units) KINE Acti	GE Category B4				GE units req Maior units		du	cation & /	Adapt	ed Phys	ical Education (PEAPE)
KINE Acti						equired for graduation: 120					
KINE 210	ivity 2 units of LD activity (1-unit per cou	9 BIOL 2230				Y CORE REQUIREMENTS: 35 UNITS - does not in	clude	BIOL 2240 (4 units)			hey're already counted as GEs
	0 Orientation to Kinesiology	BIOL 2240	 Human Anatomy & Physiology II GE Category B4 		Course Number	Course Name	Units	Prerequisites	Semester Offered	Quarter Equivalent	Notes
KINE 270			vity 2 units of LD activity (1-unit per cour	2		Human Anatomy & Physiology I	4		F	BIOL 223	1000
KINE 310		KINE 2100		<u>í</u>	BIOL 2240	Human Anatomy & Physiology I		BIOL 2230	S	BIOL 224	Counts toward GE B2
KINE 320		S KINE 2700	Introduction to Fitness and Program	lits)	MATH	GE Category B4	3		F,S		Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210)
KINE 340		KINE 3100	Introduction to Adapted Physical Act	divi	KINE Activity	2 units of LD activity (1-unit per course × 2)	2		F,S	KINE activity	PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units)
KINE 370		KINE 3200	0 Principles of Human Movement	lav E	KINE 2100	Orientation to Kinesiology	3		F,S	KINE 210 & 310	
KINE 380		Fine 3400	, ., .,	ē	KINE 2700	Introduction to Fitness and Programming	3		F,S	KINE 270	
S KINE 410	0 Motor Learning & Control	:홍 별 KINE 3500			KINE 3100	Introduction to Adapted Physical Activity	3		F,S	KINE 311	
KINE 420	O Seminar in Kinesiology	F KINE 3700		â	KINE 3200	Principles of Human Movement		BIOL 2240	F,S		All students need this
12		KINE 3800		1) 10	KINE 3400	Psychology & Sociology of Human Movement	3		F,S	KINE 323 & 324	
CONCEN	TRATION REQUIREMENTS - ALLIED HEA	5 KINE 4100 KINE 4200		/isio	KINE 3500	Motor Development Across the Lifespan	3		F,S	KINE 325	
KINE 480	0 Biomechanics w/Lab	KINE 4200	Seminar in Kinesiology	r-div	KINE 3700	Statistics in Kinesiology (WI)		GE B4	F,S	KINE 370	WI: Counts as GE Writing-Intensive designation
PSYC 110		CONCENT	RATION REQUIREMENTS - EXERCISE SCI	bb	KINE 3800	Exercise Physiology w/Lab		BIOL 2240	F,S	KINE 481	
PSYC 339		KINE 2300		2	KINE 4100 KINE 4200	Motor Learning & Control Seminar in Kinesiology	3	Senior Standing	F,S F,S	KINE 410 KINE 490	
CHEM 21		- KINE 3600		_	KINE 4200	Seminar in Kinesiology	-	ocnior oranang	1,0	KINE 450	
	LOOL General Chemistry I Lab	8 8	1 1 8 8		CONCENTR/	TION REQUIREMENTS - PHYSICAL EDUCATION	& ADA	PTED PHYSICAL ED	JCATION:	36 UNITS	
CHEM 22	200 General Chemistry II 200L General Chemistry II Lab	8 5 KINE 3810	· ·		KINE 2540	Field Work in PEAPE w/Lab	2		F,S	KINE 254	
	- Choose either 10-unit bundle below:	[™] Ξ KINE 4400	D Exercise Testing & Prescription w/La		1.112 25 10		~		1,0		
rinalca	PHYS 2000 - Introduction to Physics	KINE 4800	D Biomechanics w/Lab		KINE 2611	Teaching/Coaching for Gymnastics	2		F,S	KINE 261F	
	< PHYS 2000L - Introduction to Physic	KINE 2200	Medical Terminology		KINE 2612	Teaching/Coaching for Swimming	2	KINE 1370A or	F,S	KINE 261H	+
Con	PHYS 2010 - Introduction to Physics	KINE 2500	Observational Field Experience in ES		2012	Coching for ownining	-	pass swim test	1,0		
AHP 24 u	PHYS 2010L - Introduction to Physic	- KINE 3250) Exercise Techniques for Resistance Traini		KINE 2620	Teaching/Coaching for Combative/Fitness	3		F,S	KINE 261 (one of	
~ ~		8 KINE 3510			VINE 2620	Teaching (Ceaching for Individual / Dural Sanata	3	<u> </u>	5.0	M/N) KINE 261 (one of	
3	OR	10 P KINE 3900		~	KINE 2630	Teaching/Coaching for Individual/Dual Sports	5		F,S	B/G/J)	
5 T	PHYS 2500 - General Physics I	11 ×		ent	KINE 2640	Teaching/Coaching for Team Sports	3		F,S	KINE 263 A-E (4	
		8 8 KINE 4300		ts)	7					courses)	
	@ PHYS 2500L - General Physics I Lab	SKINE 4500		in ba	KINE 2650	Teaching/Coaching for Fundamental Movement, Nontraditional Games	3		F,S		
	ndle	KINE 4600	D EKG Interpretation & Stress Testing	E R(KINE 3300	Movement Skill Assessment for Individuals with	3	KINE 3100	F,S	KINE 330	
	PHYS 2510 - General Physics II	KINE 4700	Clinical Exercise Physiology w/Lab	EPp		Disabilities	-		.,		
	PHYS 2510L - General Physics II Lab	8		•	KINE 3320	The Nature and Issues Concerning Individuals with	3	KINE 3100	F,S	KINE 332	
	23	(S)			KINE 3330	Disabilities Applied Behavior Management	3	<u> </u>	F,S	KINE 333	
	-	unit	Students must take 9 units of any cou		KINE 3330	Applied benavior Management	5		r,5	KINE 222	
		() ()			KINE 4720	Program Design in Physical Education	3		F,S	KINE 472	
		Ó			KINE 4700	Instantia del Grante de la Discrita I 7.1 del			50	KINE 470	
					KINE 4730	Instructional Strategies in Physical Education	3		F,S	KINE 473	
					KINE 4900	Seminar in PEAPE	3	KINE 2540, 3100,	F,S	KINE 334 & 490	

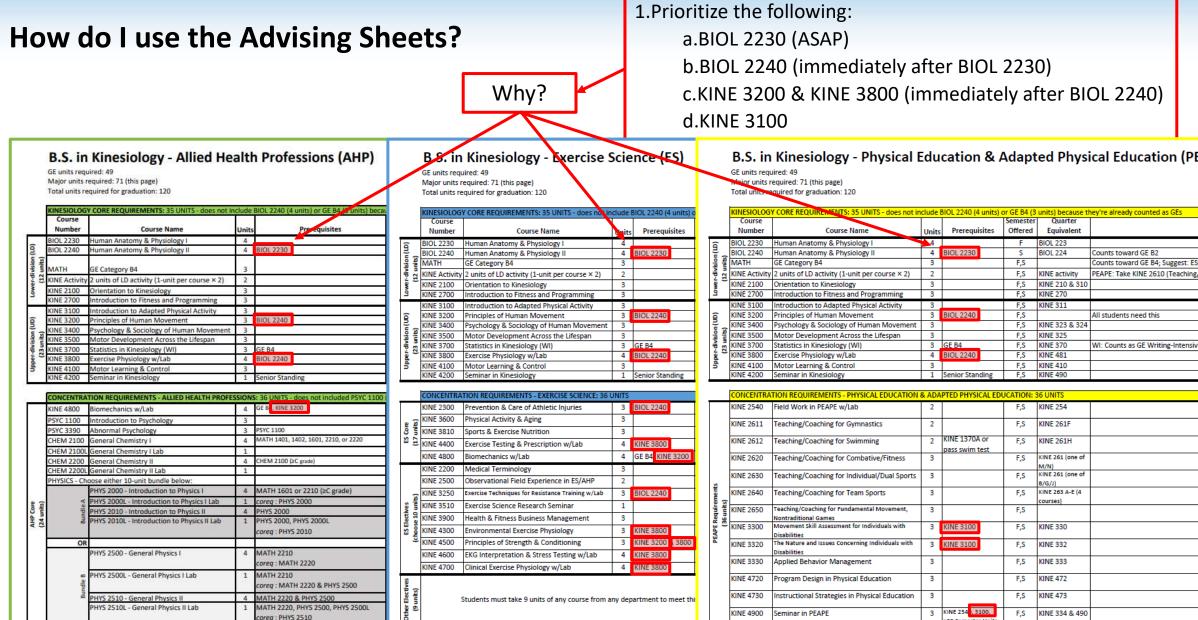


How do I use the Advising Sheets?

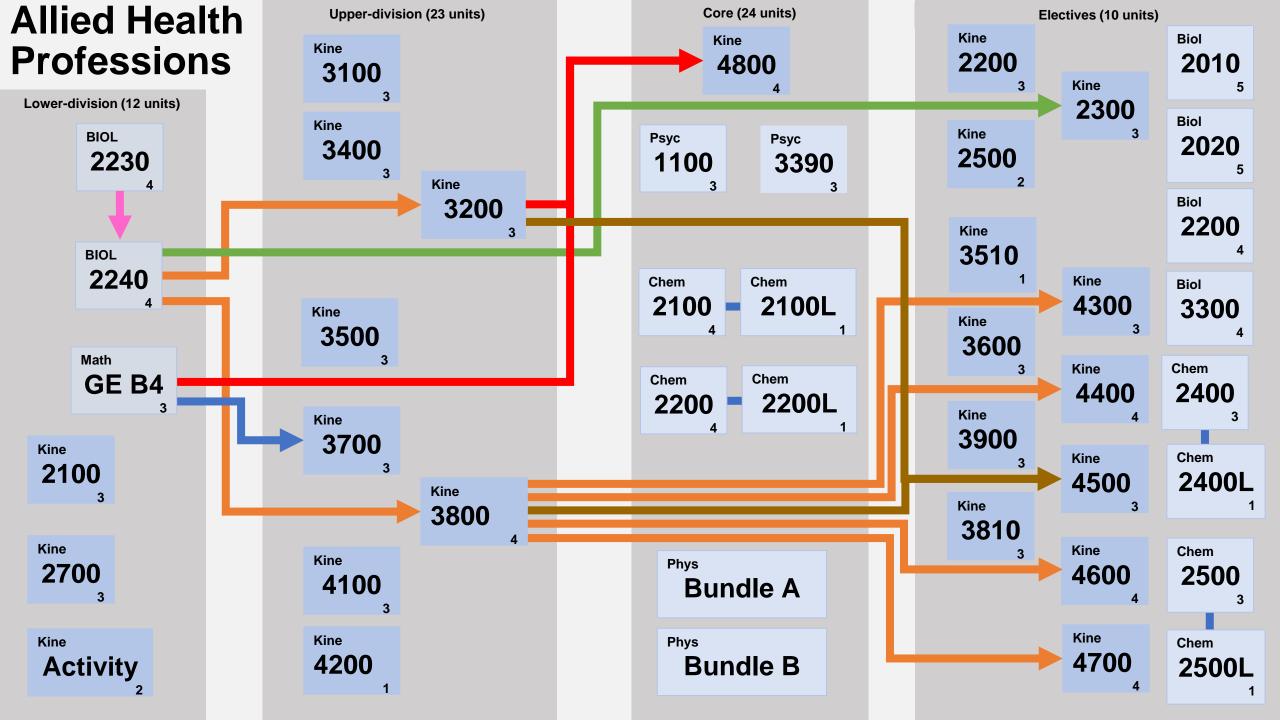


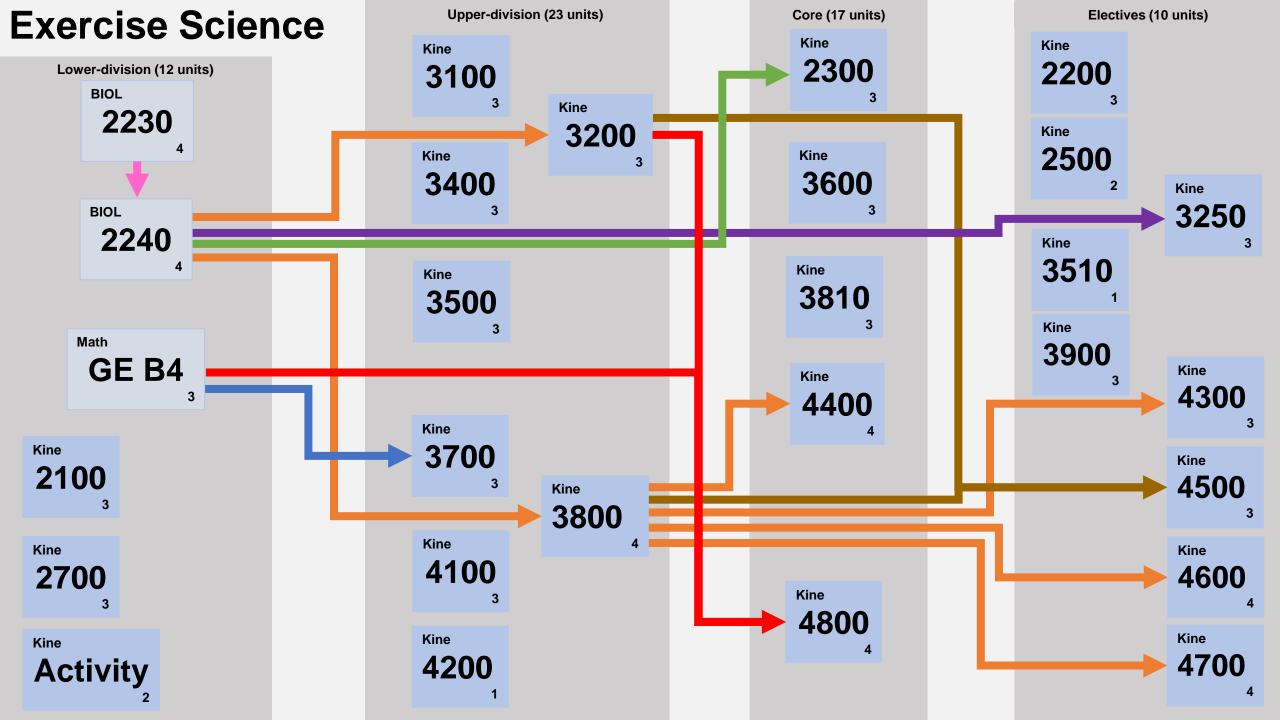
FR	EQL	JEN	TL	Y Ask	KE		Q	UE	ESTIO	NS
					Cour	se #			Look for	Look for
How do I use	e the A	dvisin	g Shee		& na			pr	e-requisites	notes
	B.S. in GE units requ Major units r Total units re KINESIOLOG	B.S. ir GE units rec Major units Total units r	GE units requir Major units req Total units requ	ed: 49 juired: 71 (this page) jired for gradiention: 120					cal Education (PEA	PE) Last updated: February 24, 2022
	Course	KINESIOLOG Course	KINESIOLOGY C Course			BIOL 2240 (4 units)	Semester	Quarter	hey're already counted as GEs	
	Number BIOL 2230 BIOL 2240 BIOL 2240 MATH KINE 2100 KINE 2100 KINE 3400 KINE 3400 KINE 3500 KINE 3400 KINE 3500 KINE 3400 KINE 4200	Number BIOL 2230 BIOL 2240 MATH KINE 2100 KINE 2100 KINE 3200 KINE 3200	BIOL 2240 H MATH G MATH G KINE Activity 2 KINE 2100 KINE 2700 Ir KINE 2700 Ir KINE 3100 Ir KINE 3400 P KINE 3400 KINE 3500 KINE 3500 KINE 3500 KINE 3700 S KINE 3700 KINE 3800 KINE 3400 KINE 3400	Course Name uman Anatomy & Physiology I uman Anatomy & Physiology II E Category B4 units of LD activity (1-unit per course 3 rientation to Kinesiology troduction to Fitness and Programmin troduction to Adapted Physical Activit rincipies of Human Movement sychology & Sociology of Human Move lotor Development Across the Lifespar tatistics in Kinesiology (WI) xercise Physiology w/Lab lotor Learning & Control eminar in Kinesiology	3 2) 2 3 3 3 3 3 3 3 3 3 3 4 4 3	BIOL 2230 BIOL 2240	Offered F S F,S F,S F,S F,S F,S F,S F,	Equivalent BIOL 223 BIOL 224 KINE activity KINE 210 & 310 KINE 270 KINE 311 KINE 323 & 324 KINE 325 KINE 325 KINE 420 KINE 440 KINE 490		Notes PE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210) ching for Dance) instead (counts as 2 units)
	CONCENTRA KINE 4800 PSYC 1100 PSYC 3390 CHEM 2100 CHEM 2100L CHEM 22001 CHEM 2001 CHEM 2001 CH	CONCENTRA KINE 2300 KINE 2300 KINE 3810 KINE 3810 KINE 4400 KINE 4400 KINE 2200 KINE 2500 KINE 3510 KINE 3510 KINE 3510 KINE 4500 KINE 4500 KINE 4500 KINE 4700 KINE 4700	KINE 2540 F KINE 2611 T KINE 2612 T KINE 2620 T KINE 2630 T KINE 2640 T KINE 2650 T KINE 2650 T KINE 2650 T KINE 3300 M KINE 3330 A KINE 4720 P	ON REQUIREMENTS - PHYSICAL EDUCA eld Work in PEAPE w/Lab eaching/Coaching for Gymnastics eaching/Coaching for Gymnastics eaching/Coaching for Combative/Fitne eaching/Coaching for Individual/Dual S eaching/Coaching for Individual/Dual S eaching/Coaching for Fundamental Moveme ontraditional Games lovement Skill Assessment for Individuals wi isabilities polied Behavior Management rogram Design in Physical Education istructional Strategies in Physical Education eminar in PEAPE	2 2 2 3 3 3 3 1 4 3 4 3 3 3 3 3 3 3	KINE 3100 KINE 3100 KINE 3100 KINE 3100 KINE 3100 KINE 3100	UCATION: F,S F,S F,S F,S F,S F,S F,S F,S	36 UNITS KINE 254 KINE 261F KINE 261H KINE 261 (one of M/N) KINE 261 (one of B/G/I) KINE 263 A-E (4 courses) KINE 330 KINE 332 KINE 333 KINE 472 KINE 473 KINE 334 & 490		

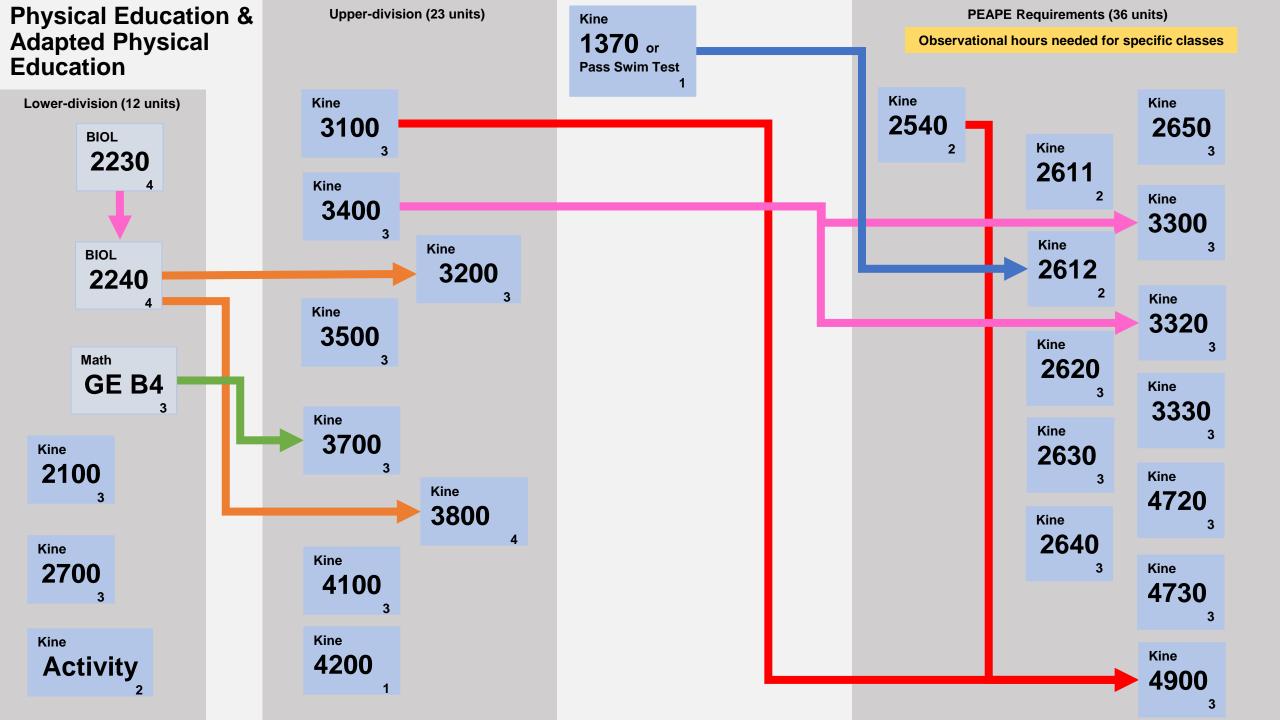












Anything I should pay attention to for **Allied Health Professions**?

r										-	Take the right MATH
		B.	S. in	Kinesiology - Allied Hea	alth	Professions (AHP)				(]_	ok at physics prorog
Look out for			units requ			,,			Last updated: February	(10	ook at physics prereq –
Look out for				equired: 71 (this page)							1601 or 2210)
pro requisitos		Tota	al units red	quired for graduation: 120							1001 01 2210)
pre-requisites		KIN	ESIOLOGY	CORE REQUIREMENTS: 35 UNITS - does not int	lude	BIOL 2240 (4 units) or GE B4 (3 units) beca	use they're	e already counted	as GEs		
			ourse				Semester	6 State 5 12 1 1			
	8	_	umber		Units	Prerequisites	Offered		Notes		
	(a)		L 2230 L 2240	Human Anatomy & Physiology I Human Anatomy & Physiology II	4	BIOL 2230	S	BIOL 223 BIOL 224	Counts toward GE B2		
	1) u	2	02240	and a state of a state of a		0101 1230	-	DIGELLY	Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401,		
	ivisio	S MA	TH	GE Category B4	3		F,S		1601, or 2210)		
	2	EKIN	E Activity	2 units of LD activity (1-unit per course × 2)	2		F,S	KINE activity	PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units)	p	
	TOW			Orientation to Kinesiology	3		F,S	KINE 210 & 310			
	3			Introduction to Fitness and Programming	3		F,S	KINE 270			
	-			Introduction to Adapted Physical Activity	3	0.01 00.00	F,S	KINE 311			
	an	-		Provide State of Human Movement Psychology & Sociology of Human Movement	3	BIOL 2240	F,S	KINE 323 & 324	All students need this	— Г	
	ion	10		Motor Development Across the Lifespan	3		F,S F,S	KINE 323 & 324 KINE 325			Save time & money:
	livis			Statistics in Kinesiology (WI)	_	GE B4	F,S	KINE 370	WI: Counts as GE Writing-Intensive designation		save time & money.
	Per-	2		Exercise Physiology w/Lab	4	BIOL 2240	F,S	KINE 481	The countries are through intensive acargination		Take these as GEs
	Upp	KIN		Motor Learning & Control	3		F,S	KINE 410		71	Take these as OLS
		KIN	E 4200	Seminar in Kinesiology	1	Senior Standing	F,S	KINE 490			
					_					1000	
Don't need all of	- i-	-	STREET, STREET	ION REQUIREMENTS - ALLIED HEALTH PROFES					hits) because they're already counted as GEs		
		100 100	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	Biomechanics w/Lab		GE 84, KINE 3200	F,S	KINE 480		11	
these physics courses.		_		Introduction to Psychology	3			PSYC 100	Counts toward GE D3		
these physics courses;			_	Abnormal Psychology		PSYC 1100 MATH 1401, 1402, 1601, 2210, or 2220	<u> </u>	PSYC 390 CHEM 215	Country housed CC 04 (2 units), and an initial and have been been as a second s		
		12 1 1 1 1 1		General Chemistry I General Chemistry I Lab	4	WINT 1401, 1402, 1001, 2210, 01 2220		CHEM 215	Counts toward GE B1 (3 units); prerequisite can be taken concurrently		
pick one bundle				General Chemistry I Lab General Chemistry II	1	CHEM 2100 (>C grade)	<u> </u>	CHEM 216			
pier one banaie				General Chemistry II Lab	1	cremit 200 (cc Brane)	-	CHEM 210			
		_		ose either 10-unit bundle below:	-		-	5.			
		18		PHYS 2000 - Introduction to Physics I	4	MATH 1601 or 2210 (≥C grade)			8		
		-	4	PHYS 2000L - Introduction to Physics I Lab	1	coreg : PHYS 2000				1	
	Cor	nuit	ndle	PHYS 2010 - Introduction to Physics II	4	PHYS 2000		PHYS 121 & 122 PHYS 122 & 123			
	AHP	(24	Bu	PHYS 2010L - Introduction to Physics II Lab	1	PHYS 2000, PHYS 2000L					
	1000					coreg : PHYS 2010					
		3	OR		8			2			
				PHYS 2500 - General Physics I	4	MATH 2210				12	
					_	coreg : MATH 2220				100	
			6 8	PHYS 2500L - General Physics I Lab	1	MATH 2210		PHYS 221 & 222			
DEFINE			pur			coreq : MATH 2220 & PHYS 2500		PHY5 222 & 223		it:	
WE TAK				PHYS 2510 - General Physics II		MATH 2220 & PHYS 2500					
T.TINO.				PHYS 2510L - General Physics II Lab	1	MATH 2220, PHYS 2500, PHYS 2500L					
Future	-					careg : PHYS 2510					
									Continue on next	page	
CSUSB											J

Anything I should pay attention to for **Exercise Science**?

				(50)			
	GE units requ	Kinesiology - Exercise S	cie	nce (ES)			Last updated: February 24, 2022
	Major units r	equired: 71 (this page) quired for graduation: 120					
			du de D	01 2240 (4	05 84 /2	and the second state	
	Course	Y CORE REQUIREMENTS: 35 UNITS - does not in	ciude B	IOL 2240 (4 units) (Semester	Quarter	hey re already counted as GES
	Number	Course Name	Units	Prerequisites	Offered	Equivalent	Notes
	BIOL 2230	Human Anatomy & Physiology I	4		F	BIOL 223	
	BIOL 2230 BIOL 2240	Human Anatomy & Physiology II	4	BIOL 2230	S	BIOL 224	Counts toward GE B2
	응 뷭 MATH	GE Category B4	3		F,S		Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210)
	4	2 units of LD activity (1-unit per course × 2)	2		F,S	KINE activity	PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units)
	KINE 2100	Orientation to Kinesiology	3		F,S	KINE 210 & 310	
	9 KINE 2700	Introduction to Fitness and Programming	3		F,S	KINE 270	
	KINE 3100	Introduction to Adapted Physical Activity	3	201 2240	F,S	KINE 311	
	E KINE 3200 KINE 3400	Principles of Human Movement Psychology & Sociology of Human Movement	3	BIOL 2240	F,S F,S	KINE 323 & 324	All students need this
	S 2 KINE 3500	Motor Development Across the Lifespan	3		F,S	KINE 325 & 324 KINE 325	
	KINE 3700	Statistics in Kinesiology (WI)	3	GF B4	F,S	KINE 370	WI: Counts as GE Writing-Intensive designation
	KINE 3800	Exercise Physiology w/Lab		BIOL 2240	F,S	KINE 481	
	KINE 4100	Motor Learning & Control	3		F,S	KINE 410	
Don't take all of these;	KINE 4200	Seminar in Kinesiology	1	Senior Standing	F,S	KINE 490	
Dui i lake all ui liese,							
	CONCENTRA	TION REQUIREMENTS - EXERCISE SCIENCE: 36 U					
only pick up to 10 units	KINE 2300	Prevention & Care of Athletic Injuries		BIOL 2240	F,S	KINE 305	
	KINE 3600	Physical Activity & Aging	3		F,S	KINE 360	
	8 5 KINE 3810	Sports & Exercise Nutrition	3		F,S	KINE 382	
	입 문 KINE 4400	Exercise Testing & Prescription w/Lab	4	KINE 3800	F,S	KINE 486 & 483	
	KINE 4800	Biomechanics w/Lab	4	GE B4, KINE 3200	F,S	KINE 480	
	KINE 2200	Medical Terminology	3		F,S		
	KINE 2500	Observational Field Experience in ES/AHP	2		F,S	KINE 493	
		Exercise Techniques for Resistance Training w/Lab	3	IOL 2240	F		
	ت الا الله 3230 الله الله 3230	Exercise Science Research Seminar	-	102 2240	S		
	2 0		1			KINE 474	
	5 T KINE 3900	Health & Fitness Business Management	3		F,S	KINE 471	
	2 KINE 4300	Environmental Exercise Physiology	3	INE 3800	S		
	KINE 4500	Principles of Strength & Conditioning	3	INE 3200 & 3800	S		
	KINE 4600	EKG Interpretation & Stress Testing w/Lab	4	INE 3800	F,S	KINE 485 & 486	
	KINE 4700	Clinical Exercise Physiology w/Lab	4	INE 3800	S		
Tuture	Other Electives (9 units)	Students must take 9 units of any course from a	ny depa	rtment to meet th	is requiren	nent.	Choose courses that might benefit future career path, such as: •Other kinesiology courses to prepare for ACSM EP or NSCA CSCS exam •Courses in business, foreign language, psychology courses, etc
CSUSB							

Anything I should pay attention to for **PEAPE**?

BIOL 2230 Human Anatomy & Physiology I 4 BIOL 2240 Human Anatomy & Physiology II 4 BIOL 2240 Human Anatomy & Physiology II 4 MATH GE Category B4 3 MATH GE Category B4 3 KINE Activity 2 units of LD activity (1-unit per course × 2) 2 KINE 2100 Orientation to Kinesiology 3 KINE 2100 Introduction to Fitness and Programming 3 KINE 3100 Introduction to Adapted Physical Activity 3 KINE 3100 Principles of Human Movement 3 KINE 3100 Statistics in Kinesiology of Human Movement 3 KINE 3200 Psychology & Sociology of Human Movement 3 KINE 3700 Statistics in Kinesiology (WI) 3 GE E KINE 3800 Exercise Physiology w(Lab 4 BIOL KINE 4100 Motor Learning & Control 3 Senit KINE 4200 Seminar in Kinesiology 1 Senit KINE 4200 Seminar in Kinesiology 1 Senit KINE 4200	Semester Offered F UL 2230 S F,S B4 F,S IL 2240 F,S stor Stor F,S	Quarter Equivalent BIOL 223 BIOL 224 KINE activity KINE 210 & 310 KINE 270 KINE 311 KINE 323 & 324 KINE 325 KINE 370 KINE 481 KINE 440 KINE 490	Notes Counts toward GE B2 Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210) PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units) All students need this
Course Number Course Name Units P BIOL 2230 Human Anatomy & Physiology I 4 BIOL MATH BIOL 2240 Human Anatomy & Physiology II 4 BIOL MATH GE Category B4 3 MATH GE Category B4 3 KINE 2100 Orientation to Kinesiology 3 3 KINE 2100 Orientation to Kinesiology 3 3 3 3 KINE 2100 Orientation to Kinesiology 3 3 3 3 KINE 2100 Orientation to Adapted Physical Activity 3 3 3 KINE 3100 Introduction to Adapted Physical Activity 3 3 3 KINE 3200 Principles of Human Movement 3 3 3 KINE 3500 Motor Development Across the Lifespan 3 3 4 KINE 3800 Exercise Physiology W(J) 3 3 4 8 KINE 4100 Motor Learning & Control 3 3 4 8 3 KINE 2611 Teaching/Coaching for Gymnastics 2	Semester Offered F 012 2230 S F,S F,S F,S F,S F,S F,S VL 2240 F,S F,S F,S VL 2240 F,S B4 F,S IL 2240 F,S IL 2240 F,S D PHYSICAL EDUCATION: F,S D PHYSICAL EDUCATION: F,S E 1370A or F,S s swim test F,S	Quarter Equivalent BIOL 223 BIOL 224 KINE activity KINE 210 & 310 KINE 270 KINE 311 KINE 323 & 324 KINE 325 KINE 370 KINE 481 KINE 440 KINE 440 KINE 490 S6 UNITS KINE 254 KINE 261F	Notes Counts toward GE B2 Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210) PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units) All students need this
Number Course Name Units P BIOL 2230 Human Anatomy & Physiology I 4 BIOL 2240 Human Anatomy & Physiology II 4 BIOL 2240 Finite 2100 Orientation to Kinesiology 3 5 Finite 2100 Orientation to Kinesiology 3 BIOL 2240 Finite 2100 Introduction to Adapted Physical Activity 3 BIOL 230 Finite 3500 Motor Development Across the Lifespan 3 BIOL KINE 3700 Statistics in Kinesiology (WI) 3 GE EI KINE 3700 Statistics in Kinesiology W/Lab 4 BIOL KINE 4100 Motor Learning & Control 3 Senitive 4200 Seminar in Kinesiology 1	Prerequisites Offered F F L 2230 S F,S F,S F,S F,S F,S F,S F,S F,S F,S F,S PL 2240 F,S B4 F,S L 2240 F,S Into Standing F,S D PHYSICAL EDUCATION: F,S E 1370A or F,S s swim test F,S	Equivalent BIOL 223 BIOL 224 KINE activity KINE 210 & 310 KINE 270 KINE 311 KINE 323 & 324 KINE 325 KINE 481 KINE 490 S6 UNITS KINE 254 KINE 261F KINE 261H	Counts toward GE B2 Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210) PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units) All students need this
BIOL 2240 Human Anatomy & Physiology II 4 BIOL MATH GE Category B4 3 KINE Activity 2 units of LD activity (1-unit per course × 2) 2 KINE 2100 Orientation to Kinesiology 3 KINE 2700 Introduction to Fitness and Programming 3 KINE 3200 Principles of Human Movement 3 KINE 3200 Settistics in Kinesiology (WI) 3 KINE 3200 Settistics in Kinesiology (WI) 3 KINE 4200 Settistics in Kinesiology (WI) 3 KINE 4200 Settistics in Kinesiology 1 KINE 2611 Teaching/Coaching for Gymnastics 2 KINE 2620 Teaching/Coaching for Combative/Fitness 3 KINE 2630 Teaching/Coaching for Individual/Dual Sports 3 KINE 2640 Teaching/Coaching for Fundamental Movement, 3 KINE 2650 Teaching/Coaching for Fundamental Movement, 3 KINE 400 Teaching/Coaching for Fundamental Movement, 3	IL 2230 S F,S F,S F,S F,S F,S F,S F,S F,S F,S F,	BIOL 224 KINE activity KINE 210 & 310 KINE 270 KINE 311 KINE 323 & 324 KINE 325 KINE 325 KINE 425 KINE 440 KINE 440 KINE 490 36 UNITS KINE 254 KINE 261F KINE 261H	Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210) PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units) All students need this
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KINE 2640 Teaching/Coaching for Team Sports 3		M/N)	
E State Stat	F,S	KINE 261 (one of B/G/J)	
	F,S	KINE 263 A-E (4 courses)	
KINF 3300 Movement Skill Assessment for Individuals with 3 KINF	F,S	1/10/5 000	
Disabilities	E 3100 F,S	KINE 330	
KINE 3320 The value and issues concerning individuals with 3 KINE Disabilities	E 3100 F,S	KINE 332	
KINE 3330 Applied Behavior Management 3	F,S	KINE 333	
KINE 4720 Program Design in Physical Education 3 KINE 4730 Instructional Strategies in Physical Education 3	F,S F,S	KINE 472 KINE 473	
KINE 4730 Instructional Strategies in Physical Education 3	E S S	KINE 473	

Must take all of these



How do I declare AHP for my concentration?

- Follow admission criteria list
 - 1. Minimum CSUSB cumulative GPA: 3.2
 - 2. Complete following with grade of C or higher
 - a) MATH 1401, 1601, or 2210 (qualifies for all concentrations)
 - b) BIOL 2230 (qualifies for all concentrations)
 - c) BIOL 2240 (qualifies for all concentrations)
 - d) One of the following:
 - Group A: CHEM 2100, CHEM 2100 L, CHEM 2200, CHEM 2200L
 - Group B: PHYS 2000, PHYS 2000L, PHYS 2010, PHYS 2010L
 - Group C: PHYS 2500, PHYS 2500L, PHYS 2510, PHYS 2510L
- After these criteria are met, student may <u>change major online</u>
- When nearing completion of admission criteria, if GPA is not over a 3.2, do not continue taking courses in this concentration. Choose a different concentration.
 - If a student has a 3.1 GPA and wants to take more AHP classes hoping to get a 3.2 GPA to enter the AHP concentration, this is not a good idea.
 - There is a risk of taking all the AHP courses and not meeting the GPA requirement, thus not qualifying to change concentration, and having to continue with a different concentration anyway (should have been done early to avoid wasting time and money)



What courses from my junior college count for courses at CSUSB?

• See <u>www.assist.org</u> to look for course articulations (i.e., equivalents)

What is this Kinesiology Safety Acknowledgement I hear about?

• Prior to registering for any KINE courses, each student must complete the <u>Kinesiology Safety</u> <u>Acknowledgement</u>





What are the PAWS and MyCap that I keep hearing about?

- 1. <u>Watch this 3-min video</u> for an introduction
- 2. Open MyCap
 - 1. Left panel = **PAWS**: list of all the required courses to graduate
 - 2. Right panel = MyCap: an outline of semesters for student to plan courses
- a. In PAWS panel, click "Collapse All" and look for red Xs

Audit: KAHP-BS	myCAP:	
	■ PDF \= ● +	81 Unit:
rogram: KinesiologyAllied Health Professions ConcBS ffective: Faf 2022 <u>xpand All</u> Collapse All	Expand All / Collapse All	
EXAMINATION PASSED WZ = WEIGHT ADJUSTED - TWO OR MR = MET REQUIREMENT MORE FAILED GRADES COMBINE	↑ > Fall 2022	15 Units 😰 🗓
NT = NONTRANSFERABLE COURSE >S = SPLIT COURSE	> Spring 2023	15 Units 😰 🗎
CB = CREDIT BY EXAM (1F) = YEAR/TERM (1ST YEAR/FALL) (R)= REQUIRED COURSE >PL = PLANNED COURSE	> Summer 2023	0 Units
LEGEND	> Fall 2023	15 Units 🕑 🛍
UNIVERSITY FOUNDATIONS	> Spring 2024	16 Units 📝 🛍
DISCIPLINARY PERSPECTIVES SCIENTIFIC INQUIRY	> Summer 2024	0 Units 🗊
UPPER-DIVISION GENERAL EDUCATION	> Fall 2024	12 Units 📝 🗎
SCIENTIFIC INQUIRY DISCIPLINARY PERSPECTIVES	> Spring 2025	8 Units 📝 🛍
ARTS AND HUMANITIES		
UPPER-DIVISION GENERAL EDUCATION ARTS AND HUMANITIES		
DISCIPLINARY PERSPECTIVES SOCIAL SCIENCES		
UPPER-DIVISION GENERAL EDUCATION		



What are the PAWS and MyCap that I keep hearing about?

- 4. Drag and drop class from left PAWS panel to a semester in MyCap panel on the right; pay attention to:
 - a. "NEEDS": this specifies how many courses or units needed for this section
 - b. "SELECT FROM": this lists possible classes
- 5. Click check mark to update PAWs panel to change red X to purple calendar icon (green = done, blue = in progress)

dit: KA	HP-BS				
ve: Fall	esiologyAllied Health Professions 2022 <u>Collapse All</u>	; ConcBS		Expand All / Collapse All	
	UNESS. 7.00 UNITS				
PLA	NNED: 24.00 UNITS			^	
PL	 ANATOMY AND PHYSIOLOGY I REQUIRED COURSES 	I AND II		Add Course Add Message	
	0.00 UNITS EARNED	0 COURSES TAKEN 4.00 UNITS	1 COURSE TAKEN	•••• BIOL2230 (4 Units) Human Anatomy and Physiology I for Allied Health Majors	RG
	PLANNED:	4.00 UNITS	1 COURSE TAKEN	•••• CHEM2100 (4 Units)	RG
	F22 BIOL2230 SP23 BIOL2240	4.00 RG 4.00 PL →PL Human Anaton	ny and Physiology	General Chemistry I ••• CHEM2100L (1 Unit) General Chemistry I Laboratory	RG
I	 MATH GE CATEGORY B4 MATH1601 OR MATH 2210 IS F 	REQUIRED		••• COMM3334 (3 Units) Global Cinema	RG
	3.00 UNITS EARNED	1 COURSE TAKEN		••• KINE3700 (3 Units)	RG
	F21 MATH2210>A	3.00 AP		Statistics in Kinesiology	
PL	 KINESIOLOGY CORE ACTIVITY (MINIMUM 2 UNITS CHOSEN FI 	COURSES		Spring 2023	
	0.00 UNITS EARNED PLANNED:	0 COURSES TAKEN 3.00 UNITS	1 COURSE TAKEN	Add Course Add Message	
	SP23 KINE1140D	3.00 PL >PL Physical Fitness	s and Conditio	BIOL2240 (4 Units)	
1	4) LOWER-DIVISION CORE REQUIRED COURSES			Human Anatomy and Physiology II for Allied Health Majors CHEM2200 (4 Units) General Chemistry II	
	6.00 UNITS EARNED	2 COURSES TAKEN		CHEM2200L (1 Unit)	



What are the PAWS and MyCap that I keep hearing about?

6. Plan between **12 – 18** units for next semester

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- 7. Plan an additional **12 18** units for another semester after that to have back-up plan
- 8. When registering for next semester, if a class does not fit, move it down to next semester, and move something else up.
- 9. Ideally, plan all courses until graduation; will then give student clear graduation goal

Effective: Fa	nesiologyAllied Health Professions II 2022 / <u>Collapse All</u>	ConcBS		Expand All / Collapse All		
	0.00 UNITS EARNED PLANNED:	0 COURSES TAKEN 4.00 UNITS	1 COURSE TAKEN	Spring 2023 15 Units		Û
	F23 KINE3800	4.00 PL >PL Exercise Physiolo	рду	Add Course Add Message		
📋 PL	7) SEMINAR IN KINESIOLOGY REQUIRED COURSE			BIOL2240 (4 Units) Human Anatomy and Physiology II for Allied Health Majors		
	0.00 UNITS EARNED	0 COURSES TAKEN		CHEM2200 (4 Units)		
	PLANNED:	1.00 UNIT	1 COURSE TAKEN	General Chemistry II		
	F23 KINE4200	1.00 PL >PL Seminar in Kines	iology	CHEM2200L (1 Unit) General Chemistry II Laboratory		
	KINESIOLOGY-ALLIED HEA EARNED: OGRESS: 5.00 UNITS	ALTH PROFESSIONS CONCEN 6 SUB-REQT		KINE3100 (3 Units) Introduction to Adapted Physical Activity KINE1140D (3 Units) Physical Fitness and Conditioning Activities: Weight Training		
PL	ANNED: 28.00 UNITS			> Summer 2023 0 Units	1	Û
💼 PL	1) PSYCHOLOGY REQUIRED COURSES			Fall 2023 15 Units		Û
	0.00 UNITS EARNED PLANNED:	0 COURSES TAKEN 6.00 UNITS	2 COURSES TAKEN	Add Course Add Message		
	F24 PSYC1100 SP25 PSYC3390	3.00 PL >PL Introduction to P 3.00 PL >PL Abnormal Psycho		KINE3800 (4 Units) Exercise Physiology		
•••	2) GENERAL CHEMISTRY I			KINE2300 (3 Units)		

What are the PAWS and MyCap that I keep hearing about?

9. Ideally, plan all courses until graduation; will then give student clear graduation goal

• Ex) This student plans to graduate after finishing in **Spring 2025**

					81	1 Units
			PDF 🗮 🗭 🗸 🗕 🕇			
Program: Kii Effective: Fal <u>Expand All</u> /			All / Collapse All 2022	15 11-14-		
> 💼	KINESIOLOGY-ALLIED HEALTH PROFESSIONS CONC SUMMARY	> Spri	ing 2023	15 Units 15 Units	ľ	_
	MINIMUM 2.00 OVERALL G.P.A. REQUIRED IN MAJOR	> Sur	nmer 2023	0 Units		Û
> 💼	KINESIOLOGY-ALLIED HEALTH PROFESSIONS CONCENTRATION CORE	> Fal	2023	15 Units		Û
> 🗰	KINESIOLOGY-ALLIED HEALTH PROFESSIONS CONCENTRATION	> Spri	ing 2024	16 Units		Û
>	ELECTIVES - COURSES NOT PREVIOUSLY USED IN GE OR MAJOR - UNITS HAVE BEEN APPLIED TOWARD OVERALL GRADUATION REQ'TS	> Sur	nmer 2024	0 Units		
> 🗰	GENERAL GRADUATION REQUIREMENTS	> Fal	2024	12 Units		Û
	MINIMUM 120 UNITS REQUIRED TOTAL UNITS APPLYING TO OVERALL 120 UNITS WITH EXCESS UNITS ADJUSTED, IF APPLICABLE INCLUDES CURRENT REGISTRATION	> Spri	ing 2025	8 Units		Û
> 🛅	3.20 OVERALL CUMULATIVE GPA REQUIRED IN ALL BACCALAUREATE-LEVEL COURSES WHETHER OR NOT USED TOWARD MEETING REQUIREMENTS					
> 🛅	CSUSB GPA OF 2.00 REQUIRED IN ALL CSUSB BACCALAUREATE- LEVEL COURSES					

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FINAL THOUGHTS

- Refer to this slide deck for help with planning courses on MyCap
- Use MyCap because it is electronically connected to the PAWS, which is an outline of all the required courses
 - Keeps student on track
 - Less stress about what classes to take
- Ask a Kinesiology advisor to check your plan
 - Dr. Jason Ng (jason.ng@csusb.edu)
 - Cameron Van Wye (<u>Cameron.VanWye@csusb.edu</u>)
 - Advisors will not make your plan for you but will check your plan
- Go plan some classes on MyCap

