



Kinesiology

B.S. Degree

M.A. Degree

Minor also offered

Since the establishment of the University, the Department of Kinesiology has offered programs leading to the B.S. and M.A. degrees designed to meet a variety of students needs and interests. A core of courses is required for all majors, dealing with human movement and sports from historical/philosophical, sociological, physiological, psychological, and biomechanical basis. Beyond this core, the major consists of several concentrations which allow students to select courses that focus on their special interests. These focused areas of study include: physical education, adapted physical education, exercise science, lifetime fitness, and interdisciplinary studies in kinesiology. The physical education and adapted physical education options prepare students for entry into the teaching credential program. In the exercise science concentration a student may choose an emphasis in biomechanics, exercise physiology, or pre-physical therapy. The lifetime fitness concentration prepares students for careers in the field of adult fitness and the allied fields of health and wellness. A student with a special career goal may select the interdisciplinary concentration and with an advisor develop an individualized program.

Characteristics of Programs/Facilities

Emphasis is placed both on theoretical and practical learning experiences. Students are required to participate in a variety of field experiences, receiving credit for such roles as coaching assistants, teacher's aides, officials, recreation and exercise leaders, physical therapy assistants, and work with persons with disabilities.

Facilities for laboratory, activity and athletic programs are excellent. There are very well equipped laboratories in exercise physiology and biomechanical kinesiology. The main gymnasium provides three full basketball and volleyball courts and seating for 2400. A 25 yard by 25 meter swimming pool is available for classes and recreational purposes. Extensive outdoor facilities include twelve tennis courts, six one-wall racquetball courts, a nine-lane all-weather track, fields for soccer, baseball and softball, a football stadium and practice fields, and numerous running trails.

Career Alternatives

The Kinesiology Major concentrations and their related experiences provide training for a variety of careers: teaching and coaching at all educational levels, entry into physical therapy and chiropractic degree programs, directing adult fitness and therapeutic gym programs, assisting in cardiac rehabilitation programs, teaching in special education. In addition, graduates are prepared to continue their education in pursuit of master's or doctoral degrees.

Preparation for Degree Program

Before entering Sonoma State University's Kinesiology Program, the following is recommended:

1. Completion of General Education requirements at a community college.
2. Careful selection of G.E. sciences courses:

Required:

Introduction to Biology (no lab)
Human Anatomy (with lab)
Human Physiology (with lab)
Introduction to Computing
Nutrition

For Exercise Science:

Science courses including, but not limited to, Physics, Chemistry, Statistics and Microbiology are required. Prospective students should check with an advisor for the latest requirements.

For Teaching:

Performance skills in a large variety of physical activities.

B.S. in Kinesiology

The B.S. in Kinesiology combines a required core of 26 units of foundation courses with a pattern of courses in an area of concentration chosen by the student to meet specific needs and interests.

There are eight separate areas of concentration, including sub-options, from which students may choose, thus allowing for considerable flexibility. Unit totals within these concentrations vary from 24 to 26; thus the total number of units required for the major varies from 50 to 52.

Areas of Specialization

Beyond the required core program, each student elects one of five areas of specialization. Options within the major include:

I. PHYSICAL EDUCATION

Completion of this option can lead to a credential for teaching physical education for elementary through senior high school. Students must demonstrate both academic competency and proficiency in motor skills.

II. ADAPTED PHYSICAL EDUCATION

Designed for students who desire a career developing and improving the motor skills of individuals with disabilities, this option, when combined with the Teacher Preparation option, can lead to the Adapted Physical Education Specialist Credential.

III. EXERCISE SCIENCE

Includes four sub-options with a common core of courses (beyond the required core for all majors mentioned above) and a specific set of course requirements for each sub-option. Students with a special interest in Biomechanics, Exercise Physiology, or pre-Physical Therapy select this option.

IV. LIFETIME FITNESS

Designed for students interested in careers in the field of adult fitness and the allied fields of health and wellness.

V. INTERDISCIPLINARY

This area of concentration allows the student, working with an approved advisor, to design a course of study to meet a special interest within the scope of kinesiology which cannot be met adequately by the established course patterns in the options described above. Possible areas include sports communication and media, sports management, research, and community recreation.

Minor in Kinesiology

Students majoring in other disciplines may complete a minor in kinesiology to further their career goals. The required minimum of 22 units includes a core of 11 to 14 units and a minimum of 8 to 11 units of approved electives. This minor may be of special interest to teaching credential candidates who wish to pursue a second teaching area and/or who are interested in coaching. Other students who may wish to consider the physical education minor are management students who are considering careers in sport/fitness related businesses, environmental science students involved in outdoor recreation programs, students in the performing arts who desire a dance/physical education background, and media students interested in sports journalism and communication. Students interested in pursuing this minor should consult with an advisor for specific program requirements.

M.A. Degree

At the graduate level, the department offers a curriculum leading to a Master of Arts Degree in Kinesiology. Beyond the graduate core of 21 units in research methodology and advanced courses in the psycho-social, biomechanical, physiological aspects of movement, the graduate student selects nine units in an area of concentration.

Transfer Students

Bring transcripts and course descriptions for courses which might transfer for credit.

Transfer students interested in the physical education concentration will be applying for admission to the credential program should see an advisor within the department as soon as possible.

For additional information, please contact the Kinesiology Department or consult the Sonoma State University catalog.