INTRODUCTION
The Department of Kinesiology advances the understanding and practice of human movement across the lifespan in the context of a diverse and changing society.

The Bachelor and Master of Science degrees in Kinesiology offer students a variety of professional focus areas, including Clinical Exercise Science, Fitness and Health Promotion, Gerokinesiology, Sport Studies, Teacher Education and Pedagogical Studies (MS only). An undergraduate Minor in Kinesiology is also available. The Bachelor of Science Degree in Athletic Training meets the requirements of the Commission on the Accreditation of Athletic Training Education. Completing the B.S. in Athletic Training as part of the Athletic Training Education Program prepares students to take the national board examination to become certified athletic trainers (ATC).

Degrees in Kinesiology offer advanced study and research opportunities in one or more of the sub-disciplines of Kinesiology: Biomechanics, Exercise Physiology, Motor Control/Learning, Sport and Exercise Psychology, Socio-cultural Perspectives and Philosophical Perspectives.

The intra-disciplinary focus of the Department’s curriculum fosters the development of diverse values and skills important to a liberal arts education: critical thinking, problem solving, leadership, verbal and written communication, and technological competency.

The Department provides general education courses and university-wide opportunities for developing skills and knowledge leading to lifelong enjoyment of physical activity, health and well-being. Internships, independent study and scholarly outreach provide opportunities for collaboration with and service to the community.

LEARNING GOALS AND STUDENT LEARNING OUTCOMES
The following goals and learning outcomes have been established for students pursuing a degree in Kinesiology:

Knowledge and skill in a variety of sport and fitness activities
- Demonstrates knowledge and skill in fitness, aquatics, combative, team sports, individual sports and court and racquet sports

Natural and Social Scientific foundations of human movement across the lifespan and across diverse populations
- Demonstrates understanding of the scientific method and other systematic ways of knowing human movement
- Demonstrates understanding of the biological and physical bases of human movement
- Demonstrates how motor skills are acquired and refined
- Demonstrates understanding of how various fitness parameters are achieved and maintained

DEPARTMENT CHAIR
Stephan Walk

DEPARTMENT OFFICE/WEBSITE
KHS 121A
657-278-3316
hhd.fullerton.edu/knes

PROGRAMS OFFERED
- Bachelor of Science in Athletic Training
- Bachelor of Science in Kinesiology
- Minor in Kinesiology
- Subject Matter Preparation Program in Physical Education for the Single Subject Credential
- Master of Science in Kinesiology

FACULTY
Michele Barr, Joao Barros, William Beam, Andrea Becker, Lee Brown, David Chen, Jared Coburn, Andy Galpin, John Gleaves, Barbie Gil-Alviso, Daniel Judelson, Robert Kersey, Patricia Laguna, Matthew Llewellyn, Scott Lynn, Julie Max, Guillermo Noffal, Debra Patterson, Debra Rose, Daniela Rubin, Clay Sherman, Traci Statler, Kevin Tsang, Stephan Walk, Kathy Webster, Lenny Wiersma, Kathleen Wilson
• Demonstrates understanding of the behavioral and psychological bases of human movement
• Demonstrates understanding of the social structural, demographic, and economic context of programs and policy related to human movement

**Perspectives from the humanities to understand key elements of human movement**
• Demonstrates understanding of the socio-cultural perspectives of human movement
• Demonstrates understanding of the historical perspectives of human movement
• Demonstrates understanding of philosophical perspectives of human movement

**Human movement in health, wellness, and quality of life**
• Demonstrates understanding of the relationships among and contributions of human movement skill, conditioning and training to personal well being

**Leadership, technological competency, and content expertise in an applied setting**
• Applies knowledge from the sub-disciplines of kinesiology to enhance motor skill and fitness in a variety of populations and conditions
• Demonstrates knowledge of the conditions of safe practice in movement contexts, and responds appropriately to common injuries occurring during physical activity
• Uses and applies measurement instruments and principles for qualitative and quantitative assessment of human performance
• Demonstrates ability to integrate intra-disciplinary knowledge bases of kinesiology in an applied, problem-solving context
• Demonstrates leadership skills and the ability to work collaboratively on professionally-related activities

**Information Literacy, Effective communication skills and professionalism in an applied setting**
• Applies critical thinking, writing, reading, oral communication, quantitative and qualitative analysis and information management skills to movement-related questions
• Uses information technology to support inquiry and professional practice in movement-related fields
• Is prepared to engage in informed dialogue with professional and lay populations within local and global communities

**In-depth knowledge and skills needed for advanced study and/or preparation in an area of specialization**
• Per applicable certification, credential or other guidelines

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**BACHELOR OF SCIENCE IN ATHLETIC TRAINING (120 UNITS)**

The Department of Kinesiology offers a Bachelor of Science in Athletic Training through its Athletic Training Education Program (ATEP), which is nationally accredited by the Commission on the Accreditation of Athletic Training Education (CAATE). Upon successful completion, students earn a B.S. in Athletic Training and are eligible to take the Board of Certification (BOC) exam to become a Certified Athletic Trainer (ATC). Please refer to the program website (hhd.fullerton.edu/at) for the most current ATEP information.

**ADMISSIONS POLICIES AND PROCEDURES**

CSUF admission does not guarantee admission into the AT major. Competitive admission involves the applicant's academic history, athletic training experiences, professional recommendations and communication skills. The AT Selection Committee includes AT-related faculty, staff and students. Minimal academic, clinical, professional and technical standards are required to enter and remain in the ATEP. Ongoing assessments determine appropriateness for retention, probation or dismissal. Applicants MUST have a minimum overall college GPA of 2.5. Once admitted to the ATEP, the student's major will be changed to AT.

**Application Materials**

ATEP application packets are available online (hhd.fullerton.edu/at/). A completed application and required support materials must be submitted to the ATEP director by Feb. 1.

**Course Prerequisites**

Applicants must pass (“C” or better) these courses or their equivalent prior to entering the Athletic Training major:

- CHEM or PHYS course from G.E. Category B.1
- HESC 101  Personal Health (3)
- KNES 200  Foundations of Athletic Training (3)
- KNES 191A Integrated Human Anatomy and Physiology (4) OR BIOL 361  Human Anatomy (4)
- PSCY 101  Introductory Psychology (3)

**Clinical Prerequisites**

All ATEP applicants must complete and document 100 hours of clinical experience under the supervision of a Certified Athletic Trainer.

**Support Materials**

Applicants must submit the following:

• Three Recommendation Forms (ATEP Application Packet) from individuals knowledgeable about the applicant’s ability to succeed in the ATEP (health care professionals, coaches, professors, etc.)
• Personal Statement (<500 words). This document should briefly detail the candidate’s reasons for pursuing athletic training, previous related experiences, expectations of the ATEP and future professional goals
• Transcripts of all college credits
• Proof of current Emergency Cardiac Care

**ATEP STANDARDS**

ATP students must achieve and maintain Academic, Professional, Clinical and Technical standards. Failure to comply may result in probation or dismissal. Once admitted, all students shall meet or exceed the following ATEP Standards:

**Academic Standards**

Minimally achieve and maintain:
• Fulltime CSUF student status
• 2.5 overall GPA
• 3.0 Athletic Training Core GPA (no grade below "C")
• 2.5 Athletic Training Foundation GPA
• 2.0 individual semester GPA

**Clinical Standards**

Minimally demonstrate:
• Compliance with the clinical site policies and procedures
• Effective and efficient time management skills
• Complete 200-300 clinically supervised hours per semester
• Complete and/or comply with:
  • ATEP Clinical Practice Policy
  • ATEP Communicable Disease Policy

**Professional Standards**

Minimally achieve and maintain:
• Professional membership (National Athletic Trainers’ Association)
• Completion of health screening upon admission, including immunizations as needed
• Legal background check upon admission
• A valid Emergency Cardiac Care certification (CPR)
• A positive and professional attitude and communications
• Patient confidentiality
• Positive leadership
• Professional appearance
• Respect for the property and rights of all others
• Professional liability insurance

**Technical Standards**

Achieve and maintain ATEP Technical Standards as described in the ATEP Handbook and the website (hhd.fullerton.edu/at).

**Additional Notes**

All AT students must clearly understand the following:
• To take the BOC exam as a CSUF graduate, one must successfully complete the AT major as described. CSUF will not sponsor any graduate who does not meet ALL ATEP Standards.
• Failure to meet any of these standards may result in probation or dismissal from the Athletic Training major

**TRANSFER STUDENTS**

Transfer students must meet the same admissions requirements as other students, and should typically enter CSUF as a Kinesiology major. Upon ATEP admission, individuals will then change their major to Athletic Training.

**ATEP COSTS**

ATEP students provide their own transportation (and any costs incurred) to and from clinical sites. Some clothing requirements will also be the responsibility of the student. The ATEP will provide liability insurance, medical kits and supplies, and most specialized clothing. Clinical courses require students to be a member of the NATA at a cost of approximately $100 per year.

**REQUIREMENTS FOR THE MAJOR**

**Athletic Training Foundation (31-32 units)**

ENGL 301 Advanced College Writing (3)
HESC 349 Measurements and Statistics in Health Science (3)
HESC 350 Nutrition (3)
OR KNES 470 Nutrition for Exercise and Performance (3)
KNES 191B Integrated Human Anatomy and Physiology (4)
OR BIOL 310 Human Physiology (3)
KNES 260 Movement Anatomy (3)
KNES 300 Principles of Human Movement (3)
KNES 348 Physiology of Exercise (3)
KNES 348L Physiology of Exercise Lab (1)
KNES 351 Principles of Strength and Conditioning (3)
KNES 371 Human Motor Control and Learning (3)
KNES 383 Psychology of Sport and Physical Activity (3)

**Athletic Training Core (40 units)**

KNES 200 Foundations of Athletic Training (3)
KNES 365 Pathologies in Sport/Exercise (3)
KNES 367 Clinical Proficiencies in Athletic Training I (2)
KNES 368 Clinical Proficiencies in Athletic Training II (2)
KNES 369 Clinical Proficiencies in Athletic Training III (2)
KNES 373 Clinical Diagnosis of the Lower Extremity and Lumbar Spine (3)
KNES 374 Clinical Diagnosis of the Upper Extremity and Cervicothoracic Spine (3)
KNES 375 Management of Athletic/Exercise Emergencies (3)
KNES 377 Therapeutic Exercise in Rehabilitation (3)
KNES 378  Therapeutic Modalities in Rehabilitation (3)
KNES 451  Sports Medicine (3)
KNES 463  Biomechanics of Musculoskeletal Injury (3)
KNES 465  Administration & Leadership in Athletic Training (3)
KNES 468  Clinical Proficiencies in Athletic Training IV (2)
KNES 469  Clinical Proficiencies in Athletic Training V (2)

BACHELOR OF SCIENCE IN KINESIOLOGY
(120 UNITS)

The B.S. in Kinesiology requires 51 units in the major, including nine units of foundation courses, 18-unit disciplinary core, three-unit writing course and 21-unit advising track in one of the following focus areas: Clinical Exercise Science, Fitness and Health Promotion, Gerokinesiology, Sport Studies, Teacher Education. With adviser approval, students also have the option of developing a Special Studies advising track if their interests lie outside these designated areas. The Special Studies plan must include a rationale statement, 21 units of upper-division coursework, and must be approved by a faculty adviser and the Department Chair. Students are required to seek advising from Department faculty in planning careers, selecting advising tracks and choosing elective courses.

All courses toward the major, including prerequisites, must be completed with a "C" (2.0) or better, and must be taken on an Option 1 (letter grade) basis.

Prerequisite Requirements

Prerequisite requirements for the major include three units of anatomy/physiology (BIOL/KNES 210 or equivalent) and six units of performance classes, representing the following performance areas: Fitness, Martial Arts/Combatives, Aquatics, Individual Sports, Racquet Sports, and Team Sports. Four of the six performance courses must be completed prior to enrollment in KNES 300. All performance courses must be completed prior to completing Disciplinary Core Courses.

Prerequisite Performance Courses (6 units)

Fitness
KNES 100, 102A, 103, 106A, 143, 144, 145, 146

Aquatics
KNES 110A, 110B, 111*, 112A*, 112B*, 214A*, 214B*

Martial Arts/Combatives
KNES 145*, 150, 151A, 151B, 152A, 153, 154, 155*, 156*

Individual Sports

Racquet Sports

Team Sports

* May only be used in one performance area.

REQUIREMENTS FOR THE MAJOR

Foundation Courses (9 units)

KNES 202  Introduction to Kinesiology (3)
KNES 260  Movement Anatomy (3)
KNES 349  Measurement and Statistics in Kinesiology (3)

Disciplinary Core Courses (18 units)

KNES 300  Principles of Human Movement (3)
KNES 348  Physiology of Exercise (3)
KNES 371  Human Motor Control and Learning (3)
KNES 380  History and Philosophy of Human Movement (3)
KNES 381  Sports, Games and Culture (3)
KNES 383  Psychology of Sport and Physical Activity (3)

Upper-Division Writing Course (3 units)

ENGL 301  Advanced College Writing (3)

Advising Track Requirement (21 units)

Courses are to be selected from one of the following advising track focus areas: Clinical Exercise Science, Fitness and Health Promotion, Gerokinesiology, Sport Studies, Teacher Education or Special Studies. See descriptions and specific course requirements below. With adviser approval, these courses can be modified to better meet student needs/interests.

CLINICAL EXERCISE SCIENCE ADVISING TRACK
(21 UNITS)

The Clinical Exercise Science (CES) advising track provides background knowledge and practical experience in preparation for careers in settings where exercise is used as therapy, such as in cardiac rehabilitation, physical rehabilitation, sports medicine and geriatric rehabilitation. This track, together with other selected course work, also helps prepare students for advanced study in a variety of health care professions, such as physical/occupational therapy and the medical field.

Students taking coursework to prepare for admission to a specific professional program, such as physical or occupational therapy, should check the entry requirements for the specific program at the institution to which they intend to apply. Through careful planning, students can maximize the number of courses that meet CSUF General Education and Kinesiology degree requirements, as well as the entry requirements for other programs of interest.
Required Courses (12 units)
KNES 377  Therapeutic Exercise (3)
KNES 451  Sports Medicine (3)
KNES 461  Biomechanics (3)
KNES 495  Internship (3)

Electives (9 units)
KNES 351, 354, 364, 365, 373, 374, 375, 378, 432, 453, 454, 455, 457, 463, 471, HESC 401, 405

FITNESS AND HEALTH PROMOTION ADVISING TRACK (21 UNITS)
The Fitness and Health Promotion (FHP) advising track provides background knowledge and experience supporting careers in areas such as personal training, fitness instruction, corporate fitness/worksite health promotion and older adult fitness/wellness. It prepares students for advance study in fitness and health promotion, as well as provides opportunities for personal enrichment and growth.

Required Courses (12 units)
KNES 350  Nutrition (3)
KNES 351  Principles of Strength and Conditioning (3)
KNES 354  Cardiovascular Exercise Testing and Prescription (3)
OR KNES 352  Principles of Teaching Group Fitness (3)
KNES 495  Internship in Kinesiology (3)

Electives (9 units)
KNES 342, 348L, 352, 354, 406, 432, 451, 453, 454, 455, 457; HESC 400, 405, 440, 460, 461

GEROKINESIOLOGY ADVISING TRACK (21 UNITS)
The Gerokinesiology (GK) advising track provides background knowledge and skills necessary to develop and teach a variety of fitness and mobility enhancement classes and/or personalized training/rehabilitation programs for older adults. It also prepares students for advanced study in related allied health professions and meets international curriculum recommendations for preparing physical activity instructors of older adults.

Required Courses (12 units)
KNES 352  Principles of Teaching Group Fitness (3)
KNES 454  Physical Dimensions of Aging (3)
KNES 455  Functional Perform Assess Program for Older Adults (3)
KNES 495  Internship in Kinesiology (3)

Electives (9 units)
HESC 440, 450
PSYC 362

SPORT STUDIES ADVISING TRACK (21 UNITS)
The Sports Studies (SS) advising track provides background coursework related to sport and exercise psychology, strength and conditioning, athletic coaching, biomechanics, exercise physiology and motor behavior in community physical activity/sport programs. It is for those interested in coaching certification (ASEP) and strength and conditioning certifications (NSCA offers the CSCS and NSCA-CPT; and USA W offers the Sports performance Coach). This track is also appropriate for students interested in studying the historical, philosophical and sociological aspects of sport.

Required Courses (12 units)
KNES 325  Techniques of Coaching (3)
KNES 351  Principles of Strength and Conditioning (3)
KNES 365  Pathologies in Sport/Exercise (3)
KNES 385  Instructional Analysis of Human Movement (3)

Electives (9 units)
KNES 350, 384, 386, 387, 410, 414, 430, 432, 461, 463, 480, 495

TEACHER EDUCATION ADVISING TRACK (21 UNITS)
Students completing the coursework below meet only some of the requirements for the Subject Matter Preparation Program in Physical Education (SMPP-PE), which is designed to prepare students to enter a Single Subject Credential Program in Physical Education. Specifically, students completing this advisement track must complete additional units to fulfill California state-mandated subject matter competencies for pursuit of the single-subject teaching credential. Students interested in the SMPP-PE should see the program description below.

Advising Track Requirements: (21 units)
KNES 242  Teaching Lifetime Physical Activity (3)
KNES 325  Techniques of Coaching (3)
KNES 363  Developmental Adaptations of the Atypical (3)
KNES 364  Motor Development (3)
KNES 385  Instructional Analysis of Human Movement (3)
KNES 386  Movement and the Child (3)
KNES 387  Movement and the Adolescent (3)

In addition to the 51-unit requirement for the Kinesiology degree and the Teacher Education advising track, students who wish to fulfill California state-mandated subject matter competencies (i.e., the Subject Matter Preparation Program) for pursuit of the single-subject teaching credential in physical education must also complete the requirements described below.
SUBJECT MATTER PREPARATION PROGRAM
(FOR OBTAINING SINGLE SUBJECT TEACHING CREDENTIAL IN PHYSICAL EDUCATION)

The Department of Kinesiology offers coursework to complete the Subject Matter Preparation Program in Physical Education (SMPP-PE) for obtaining a Single Subject Credential (K-12) in Physical Education. In place of the six-unit performance course requirements within the major, students completing the SMPP-PE must take all four professional development courses (KNES 240, 241, 242, 243). A grade-point average of 3.0 in the major and a GPA of at least 2.75 overall or in the last 60 units attempted is expected for admission to the fifth-year teacher education program.

Additional Requirements: Subject Matter Preparation Program in Physical Education

In addition to the professional development courses (KNES 240, 241, 242, 243), students must take the following:

EDSC 304  Personal Proficiency in Educational Technology for Secondary Teachers (3)
EDSC 310  The Teaching Experience: Participation (3)
EDSC 320  Adolescence and Education (3)
(May count as a G.E. Category IV)
EDSC 330  Developing Literacy in Secondary Schools (3)
EDSC 340  Diversity in Secondary Schools (3)
KNES 494  Practicum (2)
Current CPR/First Aid Certificate

Advisement

The department offers guidance for students considering a teaching career. Prospective students should consult with the Teacher Education Coordinator as early as possible in order to plan and acquire needed experiences prior to entry into the Teacher Education Program. The university program for meeting basic requirements for the teaching credential with a specialization in Physical Education can be found elsewhere in this catalogue (see Teaching Credential Programs).

Admission to Teacher Education

Applications to the Teacher Education Program must be submitted by Feb. 28 each year. A screening committee evaluates candidates’ qualifications based on kinesiology GPA, cumulative GPA, required SMPP-PE coursework, experiences with children and adolescents, and achieving a passing score on the California Basic Education Skills Test (CBEST). In addition, the candidate must be available for a personal interview by the Kinesiology Teacher Education Committee.

Acceptance into the program allows the candidate to enroll in the following Fall-Spring semester sequence:

Fall semester (15 units)
EDSC 410, 440S, 440F
KNES 442, 449E

Spring semester (16 units)
EDSC 460
KNES 449I, 449S

MINOR IN KINESIOLOGY (24 UNITS)

All courses for the minor must be taken for a letter grade and completed with “C” (2.0) or better. Students are required to meet with the Kinesiology General Adviser for assistance in developing a cohesive set of courses that would best support their educational, career, or personal goals.

Performance Courses (3 units)
Three courses (1 unit each) must be taken from any three of the following areas: Fitness, Martial Arts/Combatives, Aquatics, Individual Sports, Team Sports, or Racquet Sports.

Required Courses (9 units)
KNES 202  Introduction to Kinesiology (3)
KNES 210  Human Anatomy and Physiology (3)
KNES 260  Movement Anatomy (3)

Upper-Division Electives (12 units)
KNES 300, 325, 348, 351, 353, 371, 380, 381, 383, 386, 387

MASTER OF SCIENCE IN KINESIOLOGY (30 UNITS)

At least 18 of the 30 units toward the graduate degree in Kinesiology must be 500 level. Once accepted into the program, each student must create an adviser-approved study plan before completing nine units of work. With adviser approval, up to nine units of 400/500-level coursework may be included on the study plan that was taken at another university or in another department at Cal State Fullerton.

Admission Requirements

Students must meet the CSU requirements for admission to a master’s degree program. Please consult the Graduate Admissions section in this catalog for complete information. In addition, applicants to the graduate program in Kinesiology, must submit to the Kinesiology graduate program: (1) transcripts showing completion of an undergraduate degree in Kinesiology (or equivalent field) with a grade-point average of at least 3.2 in upper-division major coursework; (2) Graduate Record Exam general test results with recommended minimum scores of 450 for the Verbal, 450 for the Quantitative and 3.5 for Analytical Writing; (3) a 500-word essay describing the applicant’s academic/professional interests, which also identifies a specific Advising Track(s) of interest and, where possible, specific faculty with whom they wish to work; and (4) two letters of recommendation, preferably from former faculty who can address their academic ability and potential for success in graduate school.

Students who meet the general university requirements, but do not meet the Kinesiology degree requirements, may apply to the university for postbaccalaureate-unclassified standing. Any student without an undergraduate degree in Kinesiology, Exercise Science,
Physical Education, or a related field must complete a prescribed set of undergraduate coursework (usually about 12 units) with a grade-point average of at least 3.0. Any student with a grade-point average deficiency must complete additional undergraduate coursework as specified by the Kinesiology graduate program adviser. Once all admission requirements are subsequently met, a change of program may be requested from postbaccalaureate-unclassified standing to conditionally classified in Kinesiology.

Classified Standing
Classified standing requires the development of a study plan (see below) approved by the faculty adviser, graduate studies committee, kinesiology graduate program adviser, and office of graduate studies. No more than nine units of graduate work taken before classification may be included on the study plan. Any changes to the study plan after classified standing is granted must be approved in advance, in writing, by the Kinesiology graduate program.

Advancement to Candidacy
Advancement to candidacy is attained by requesting a graduation check in the semester prior to graduation (see class schedule for deadlines) and receiving subsequent approval from the graduate studies adviser on the grad check completion review form, mailed by the Graduate Studies Office. Students not completing requirements by the graduation date specified on the original graduation check must contact the Graduate Studies Office.

GRADUATE STUDY PLAN (30 UNITS)
The study plan must include KNES 508 and KNES 510 (which fulfills the graduate level writing requirement), and at least two advanced study courses, one in the student’s major academic area of interest and one in a minor or supporting academic area. The study plan also must include 15 units of electives selected from one of six advising tracks: clinical exercise science, fitness and health promotion, gerokinesiology, pedagogical studies, performance enhancement/sport psychology/sport studies, or special studies. Finally, the study plan must include one of three culminating experience options: a thesis, a project, or a comprehensive examination.

Core Course Requirements (9 units)
KNES 508 Statistical Methods in Kinesiology (3)
KNES 510 Research in Kinesiology (3)
KNES 597/598 Project/Thesis (3) or Comprehensive Examination*

*Students who select the Comprehensive Examination shall be required to complete an additional adviser-approved 500-level course in Kinesiology (3 units).

Advising Track Requirements (21 units)
The remaining 21 units of coursework are to be selected from one of the following six advisement tracks: Clinical Exercise Science; Fitness and Health Promotion; Gerokinesiology; Teacher Education/Pedagogical Studies; Sport Studies; Special Studies. Advanced study courses are required within each track, as well as recommended electives.

KINESIOLOGY COURSES
Courses are designated as KNES in the class schedule.

Students may sign up for only one section of a given performance activity in any semester. This applies to KNES 100 through 167, 214A, 214B, and 246A. Thus a student may take KNES 102A Beginning Jogging and KNES 112B Intermediate Surfing since jogging and surfing are different activities; however, signing up for multiple tennis courses, for example, is not permitted.

100 – 167 Performance Courses (1)
100 Physical Conditioning; 102A Beginning Jogging; 102B Intermediate Jogging (1); 103 Fitness Walking; 106A Cardio Spinning (1); 110A Beginning Swimming; 110B Intermediate Swimming; 110C Advanced Swimming; 111 Water Polo; 112A Beginning Surfing; 112B Intermediate Surfing; 114A Beginning Rock Climbing (1); 117A Beginning Bowling; 117B Intermediate Bowling; 119A Beginning Golf; 119B Intermediate Golf; 119C Advanced Golf; 120A Beginning Gymnastics; 120B Intermediate Gymnastics; 120C Advanced Gymnastics; 130A Beginning Badminton; 130B Intermediate Badminton; 131A Beginning Tennis; 131B Advanced-Beginning Tennis; 131C Intermediate Tennis; 131D Advanced Tennis; 132A Beginning Racquetball; 132B Intermediate Racquetball; 134 Dance Aerobics (1); 144 Aerobic Exercise and Weight Control; 145 Cardio Kick-Boxing; 146 Resistance Training; 150 Beginning Wrestling; 151A Beginning Aikido; 152A Beginning Karate; 153 Wushu: Chinese Martial Arts; 154 Self Defense; 155A Beginning Fencing; 156 Tai Chi; 160 Ultimate Frisbee; 161 Slow Pitch Softball; 161B Intermediate Slow Pitch Softball; 164A Beginning Volleyball; 164B Intermediate Volleyball; 164C Advanced Volleyball; 165A Beginning Soccer; 165B Intermediate Soccer; 167B Intermediate Basketball; 167C Advanced Basketball.

Performance courses are instructional. Beginning, intermediate and advanced sections are offered for most performance courses. Students who already possess proficiency in an activity should consider the course chosen from the standpoint of the level of skill development that may be encountered, standards of proficiency expected and their own ability level. Initial assessment and determination will be made by the course instructor. May be taken for credit up to six times.
172 – 186 Intercollegiate Sports (2)
Prerequisite: consent of coach. An intercollegiate activity in individual or team sports in an educational setting under the direction of a coach.

172 Cross Country – Men and Women; 174 Track-Field – Men and Women; 175 Tennis – Women Only; 178 Basketball – Men and Women; 179 Baseball – Men Only; 180 Soccer – Men and Women; 185 Volleyball - Women Only; 186 Softball – Women Only. May be repeated for credit. Offered Credit/No Credit only.

190 Team Management (2)
Prerequisites: consent of coach and department chair. Field experience in managing an intercollegiate sport. May be repeated for maximum of eight units of credit. Credit/No Credit only.

191A Integrated Human Anatomy and Physiology (4)
Integrated introduction to human anatomy and physiology. Structure and function of the musculoskeletal, nervous and cardio-respiratory systems. For nursing majors and students interested in allied health professions; no credit toward Biological Science major. (3 hours lecture, 3 hours laboratory) (Same as BIOL 191A)

191B Integrated Human Anatomy and Physiology (4)
(Same as BIOL 191B)

200 Foundations of Athletic Training (3)
Introduction to the athletic training profession, including risk management strategies, professional development and responsibilities, as well as understanding and applying clinical skills associated with preventing and managing activity-related pathologies. (2 hours lecture, 2 hours activity)

202 Introduction to Kinesiology (3)
Prerequisite: declared Kinesiology major or minor. Human movement, including its role in daily life, its place in higher education and professional career opportunities in areas related to sport, movement, exercise and fitness. Multiple ways of knowing and studying human movement with a focus on the subdisciplines within kinesiology.

205 Medical Terminology (3)
Introduction to medical terminology using word building (roots, suffixes, prefixes, spelling and pronunciation) as they relate to anatomical structure and function. Medical terminology related to pharmacology, abnormal conditions, surgical procedures, and diagnosis and treatment of common medical conditions. (Same as NURS 205)

210 Human Anatomy and Physiology (3)
(Same as BIOL 210)

214A Basic Scuba (3)
Prerequisites: ability to swim 400 yards, tread water one minute and swim 25 yards underwater. Skin and scuba diving, theory of diving, safety procedures and ocean environment. Open Water Basic Scuba Certification earned with successful completion. (1 hour lecture, 4 hours pool activity/ocean dives)

214B Intermediate Scuba (3)
Prerequisite: Open Water Scuba Certification. Application of scuba diving, including photography, navigation, salvage, game hunting, night diving and others. Advanced Scuba Certification for successful completion. (1 hour lecture, 4 hours pool activity/ocean dives)

240 Teaching Team Sports (3)
Provides knowledge of the team sports of volleyball, basketball, soccer, softball and football, including histories, skills, rules, teach progressions and sport-specific teaching strategies. Appropriate teaching strategies are intended to promote active participation and experiential learning. (2 hours lecture, 2 hours activity)

241 Teaching Nontraditional Team Sports (3)
Prepares pre-service teachers (e.g., future Physical Education teachers) with knowledge of nontraditional team sports, including histories, fundamental skills, teaching progressions, sport rules, and officiating. (2 hours lecture, 2 hours activity)

242 Teaching Lifetime Physical Activity (3)
Provides knowledge, skills and experiences necessary to lead young people in gaining the skills, knowledge, attitudes and behaviors required to lead physically active lifestyles. Appropriate teaching strategies are used to promote active participation and experiential learning. (2 hours lecture, 2 hours activity)

243 Teaching Movement Forms in Physical Education (3)
Prepares pre-service teachers (e.g., future physical education teachers) with movement forms in gymnastics, dance and self-defense (combatives), including histories, fundamental skills, teaching progressions and strategies. (2 hours lecture, 2 hours activity)

246A Basic Hatha Yoga (2)
Basic Yoga postures, breathing and relaxation techniques, and beginning meditation techniques from theoretical and experiential perspectives. Awareness, concentration and breathing patterns that accompany the movements of Hatha Yoga. (1 hour lecture, 2 hours activity) (Same as CPRL 246A)

246B Intermediate Hatha Yoga (2)
Prerequisite: KNES/CPRL 246A. Intermediate and advanced yoga sequences, including postures, breathing practices, meditation techniques and guided relaxation. Yoga philosophy and movement based on various Hatha yoga traditions. (1 hour lecture, 2 hours activity.) (Same as CPRL 246B)
247 Yoga Instructor Preparation (3)
Prerequisite: one year of yoga experience or completion of KNES 246A. Recommended: concurrent enrollment in KNES 246B. Preparation for teaching Hatha Yoga techniques and philosophies to the general public. Yogic lifestyle and advanced yoga practices. (2 hours lecture, 2 hours activity)

250 Mental Skills for Sport Performance (3)
Mental aspects of sport performance and learning mental skills that can be used to enhance sport performance. Credit/No Credit only.

256 Advanced Tai Chi (2)
Prerequisite: KNES 156. Improving understanding of history and philosophy of Tai Chi and deepening the practice of Tai Chi for greater health benefits. Lectures, discussions. Tai Chi, and related meditative practices. (1 hour lecture, 2 hours activity)

260 Movement Anatomy (3)
Prerequisite: KNES /BIOL 210 or equivalent. Pre- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Muscular-skeletal system and its function in human movement. Movement in sports skills and the muscles involved.

300 Principles of Human Movement (3)
Prerequisites: junior or senior standing, KNES 260. Pre- or corequisite: KNES 202; four of six units of approved performance courses, or KNES 240, 241, 242 for teacher education recommended. General movement patterns as applied to sport and human movement. One or more sections offered online.

320 Exercise Techniques for Strength Training (3)
Prerequisites: junior or senior standing, KNES 260; KNES 300 recommended. Practical experiences in resistance exercise lifting and sporting techniques. Free-weight exercises, such as squatting and Olympic lifting. How to properly set up and execute machine-based exercises.

325 Techniques of Coaching (3)
Factors related to coaching strategies and techniques: philosophy, ethics, legal issues, gender, multicultural and equity issues, leadership, motivation, team management, budget, recruiting, equipment purchase, skill acquisition, season planning, conditioning, nutrition and drugs.

326 Theory and Application of Sports Officiating (3)
Prerequisites: junior or senior standing, KNES 202. Introduction to theory, techniques and principles of sports officiating; emphasizing practical application and steps necessary to become a sports official in individual and team sports at the youth, high school, collegiate and professional levels.

342 Stress Management (3)
Kinesiology majors may count this course either for the major or for General Education. (Same as HESC 342)

348 Physiology of Exercise (3)
Prerequisites: junior or senior standing and KNES 210 or a human physiology course or equivalent. Pre- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Physiological processes in physical activities and the effect of training upon performance.

348L Physiology of Exercise Laboratory (1)
Prerequisite: prior completion or concurrent enrollment in KNES 348. Laboratory techniques in physiology of exercise. (3 hours laboratory)

349 Measurement and Statistics in Kinesiology (3)
Prerequisite: junior or senior standing. Pre- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Measurement theory and statistics used in evaluating health and human performance, with special focus on the analyzing and interpreting data in different environments. One or more sections offered online.

351 Principles of Strength and Conditioning (3)
Prerequisites: junior or senior standing, KNES 348; KNES 300 recommended. Conditioning for those who plan to coach or supervise fitness programs. Circuit training, nutrition, motivation, weight control and kinesiology factors.

352 Principles of Teaching Group Fitness (3)
Prerequisites: KNES 210. Content knowledge and practical experience concerned with teaching group fitness. Teaching principles, techniques and safety. Variety of exercise formats.

353 Physical Activity and Lifelong Well-Being (3)
Prerequisites: one course from General Education (G.E.) Category B. Integrating physiological, psychological and sociological understandings of the human being in relationship to physical activity as a lifelong pursuit. Topics include physical fitness, nutrition, stress reduction, socialization, and individual differences in human behavior. Kinesiology and Health Science majors may count this course either for the major or for G.E. One or more sections offered online. (Same as HESC 353)

354 Cardiovascular Exercise Testing and Prescription (3)

363 Adapted Physical Education (3)
Prerequisites: junior or senior standing, KNES 364. Study of the disabled whose unique needs in motor development determine their least restrictive environment in physical activity. Programs of games, sports and exercise in diversified settings; legally mandated regulations.
364 Motor Development (3)
   Prerequisite: KNES 260. Life span motor development: age, sex, ethnic, cultural and perceptual components, their implications and the main course of action needed in developmental strategies for optimal motor behavior development.

365 Pathologies in Sport/Exercise (3)
   Prerequisites: junior or senior standing; KNES 260. Overview of common pathologies seen in sport and/or exercise, including prevention strategies, etiologies, diagnoses, management approaches and possible complications.

367 Clinical Proficiencies in Athletic Training I (2)
   Prerequisite: Admission to ATEP. Develop a cognitive understanding and a practical knowledge of the various clinical skills required in a first-semester athletic training student.

368 Clinical Proficiencies in Athletic Training II (2)
   Prerequisite: KNES 367. Develop clinical skills related to athletic training, including environmental safety, protective equipment, surface anatomy, palpation skills, special and functional tests, fitness testing techniques, etc.

369 Clinical Proficiencies in Athletic Training III (2)
   Prerequisite: KNES 368. Develop clinical skills related to athletic training, including environmental safety, protective equipment, surface anatomy, palpation skills, special and functional tests, fitness testing techniques, etc.

371 Human Motor Control and Learning (3)
   Prerequisites: junior or senior standing and KNES 210 or a human anatomy course. Pr- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Neural, musculoskeletal and psychological mechanisms underlying the control and learning of movement skills across the lifespan.

373 Clinical Diagnosis of the Lower Extremity and Lumbar Spine (3)
   Prerequisite: KNES 365. Analyze and implement the knowledge and skills related to clinically diagnosing lower extremity and lumbar spine pathologies.

374 Clinical Diagnosis of the Upper Extremity and Cervicothoracic Spine (3)
   Prerequisite: KNES 365. Analyze and implement the knowledge and skills related to clinically diagnosing upper extremity and cervicothoracic spine pathologies.

375 Management of Sport/Exercise Emergencies (3)
   Prerequisite: KNES 202. Theoretical, practical and clinical basis for the recognition, treatment and management of medical emergencies and catastrophic situations involving the physically active individuals, including athletes.

377 Therapeutic Exercise in Rehabilitation (3)
   Prerequisite: KNES 202. Theoretical and clinical basis for therapeutic exercise in rehabilitation. Therapeutic exercises as they relate to injury rehabilitation will be developed for student syntheses and understanding.

378 Therapeutic Modalities in Rehabilitation (3)
   Prerequisite: KNES 202. Theoretical, clinical, and practical basis for the use of therapeutic modalities in rehabilitation. Develop physical agents and biophysics, indications, contraindications, physiological effects, and applications.

380 Philosophy of Human Movement (3)
   Prerequisites: junior or senior standing and completion of G.E. Categories C.2 and D.2. Pre- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Philosophy of human movement in athletics, sport, kinesiology, play, dance and other human movement forms, from ancient Greeks to the present. Philosophical theories of human movement relative to personal identity, reality, being, values and nature of competition. One or more sections offered online.

381 History of Sports, Games and Culture (3)
   Prerequisites: junior or senior standing and one course from G.E. Category B, C or D. Pre- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Historical interpretations of the role of sport, games, play, dance and recreation in human life. Introduction to the connections between sporting and movement practices, as well as the broader cultural, political, intellectual and economic patterns that have shaped societies throughout world history.

383 Psychology of Sport and Physical Activity (3)
   Prerequisite: junior or senior standing. Pre- or corequisite: kinesiology majors, KNES 202; athletic training majors, KNES 200 or 365. Introduction to theory and research of psychological processes that influence human performance in numerous movement settings including sport, exercise, and rehabilitation. Topics include individual difference variables (e.g., personality, arousal/anxiety, and motivation), social psychological variables (e.g., aggression, leadership, and group dynamics), and assessment and intervention (e.g., goal setting, cognitive techniques, and behavioral change strategies).

384 Sport Sociology (3)
   Prerequisite: KNES 381. Sport and social institutions and social processes. Understanding sport as a social phenomenon.

385 Instructional Analysis of Human Movement (3)
   Prerequisites: junior or senior standing, KNES 300; completion of all six performance course requirements; or Teacher Education, KNES 240, 241, 242 recommended. Variables and principles that contribute to effective observation, analysis and instruction of human movement skills across the life span.
386 Movement and the Child (3)
Prerequisite: junior or senior standing; corequisite, KNES 494 for kinesiology teacher education majors only. Characteristics of the child; physical growth and development; basic mechanical principles related to human movement and motor learning; and concepts related to the design of physical activity programs that are appropriately challenging for children at various developmental levels.

387 Movement and the Adolescent (3)
Corequisite: KNES 494 for teacher education kinesiology majors only. Implement physical education programs at the secondary level. Cognitive, affective and psychomotor development; structure, concepts and principles related to human movement and motor learning; concepts related to the design of secondary school movement programs.

396 Physical Education Tutorial (1)
Prerequisites: consent of instructor and tutorial adviser. Supervised experience in performance or laboratory situations through tutoring or assisting in instruction. May be repeated for six units of credit. A maximum of three units may be applied toward the major.

405 Worksite Injury Prevention and Rehabilitation (3)
(Also as HESC 405)

406 Principles of Sport and Exercise Management (3)
Prerequisite: junior, senior or graduate standing. Sport/exercise management enterprise, including school, facility, professional, commercial, industrial, corporate management and specialists in marketing, print/electronic media. Job descriptions, professional preparation and placement opportunities are detailed. Portfolio development.

410 Issues in Youth Sports (3)
Prerequisites: junior, senior or graduate standing; KNES 381; CAS 312 recommended. Interdisciplinary examination of trends and issues in youth sport, focusing on non-school based community programs. Structural characteristics of sport and physical activity programs as they pertain to proper development of children and adolescents.

414 Legal Issues in Kinesiology (3)
Prerequisite: junior, senior or graduate standing. Corequisite: KNES 202 or COMM 346. Introduction to the legal system and the law as applied to sport and exercise settings, which includes the areas of sports, fitness and healthcare, and recreational activities, with an emphasis on understanding the concepts of ethics, negligence and risk management.

430 Applied Sport Psychology (3)
Prerequisites: junior, senior or graduate standing; KNES 383. Application of principles from sport psychology literature to enhance athletes’ and coaches’ performance.

432 Applied Exercise Psychology (3)
Prerequisites: junior, senior or graduate standing; KNES 383. Understanding and applying the principles from exercise psychology to enhance competencies and skills related to preventive and rehabilitative exercise programs.

442 Teaching Physical Education (3)
Prerequisite: admission to Teacher Education. Objectives, methods and materials of teaching Physical Education K-12. Required before student teaching. Part of the 12-unit education block and may not be taken separately. A “B-” (2.7) or better is required to earn a preliminary Single Subject credential.

449 First Semester Student Teaching (3)
Credit/No Credit only. Requires a “B” (3.0) or better for credit. (Same as EDSC 449E)

449I Second Semester Student Teaching (10)
Credit/No Credit only. Requires a “B” (3.0) or better for credit. (Same as EDSC 449I)

449S Seminar in Secondary Teaching (2)
Credit/No Credit only. Requires a “B” (3.0) or better for credit. (Same as EDSC 449S)

450 Program Design for Strength and Conditioning (3)
Prerequisites: junior, senior or graduate standing; KNES 351. Outcomes associated with different strength training regimens. Periodization and planned variation of the acute program variables of frequency, intensity, volume and rest across cycles of training to prevent overtraining and promote peak performance.

451 Sports Medicine (3)
Prerequisites: junior, senior or graduate standing; KNES 348, 348L. Alterations in human movement, anatomy and physiology that are caused by such factors as injury, drugs and environment.

453 Clinical Exercise Physiology (3)
Prerequisites: junior, senior or graduate standing; KNES 348. Application of exercise physiology concepts to clinical/pathological situations in order to determine the therapeutic and functional benefits of physical activity.

454 Physical Dimensions of Aging (3)
Prerequisites: junior, senior or graduate standing; minimum six upper-division kinesiology units completed or six units from gerontology minor. Scientific evidence concerning the relationship between level of physical activity and one’s physical, mental and psychological well-being during aging.

455 Functional Performance Assessment and Programming for Older Adults (3)
Prerequisites: junior, senior or graduate standing; KNES 349 and 353, 371 or 454. Developing technical and personal skills related to functional performance assessment and to the development and implementation of physical activity programs for healthy and frail older adults.
456 Environment Exercise Physiology (3)
Prerequisites: junior, senior or graduate standing; KNES 348. Interrelationship between the physical environment and the human while exercising under different states of fitness and acclimatization.

457 Practice of Personal Training (3)
Prerequisites: junior, senior or graduate standing; KNES 351, 354; KNES 300 recommended. Physiological responses and adaptations associated with strength and aerobic training to design fitness programs across the lifespan. Scientific foundation, client evaluation, exercise technique, safety and legal issues, program design and special populations.

458 Measurement Techniques in Strength and Conditioning (3)
Prerequisites: junior, senior or graduate standing; KNES 348L, 351. KNES 300 recommended. Understand theory, operate equipment and analyze resultant data related to endurance, strength and power testing. Emphasizes exposures to a variety of assessment techniques commonly performed in strength and conditioning, biochemistry, and exercise physiology.

460 Worksite Health Promotion (3)
(Same as HESC 460)

461 Biomechanical Analysis of Human Movement (3)
Prerequisites: junior, senior or graduate standing; KNES 300; PHYS 211 recommended. Analytical approach to mechanics of human motion. Quantitative video analysis techniques are introduced and applied to select movement analysis projects.

463 Biomechanics of Musculoskeletal Injury (3)
Prerequisites: junior, senior or graduate standing; KNES 300. Biomechanical analysis of bone, joint cartilage and collagenous tissue, and of forces and moments acting at the major joints of the human body with specific interest on how these forces contribute to musculoskeletal injuries.

465 Administration and Leadership in Athletic Training (3)
Prerequisites: junior, senior or graduate standing; KNES 365. Theoretical, legal, moral, ethical, technical and practical aspects of administration and leadership in sports healthcare programs, including those in athletic training.

468 Clinical Proficiencies in Athletic Training IV (2)
Prerequisites: junior, senior or graduate standing; KNES 369. Develop a cognitive understanding and a practical knowledge of various clinical skills required of a fourth-semester athletic training student.

469 Clinical Proficiencies in Athletic Training V (2)
Prerequisites: junior, senior or graduate standing; KNES 468. Develop a cognitive understanding and a practical knowledge of various clinical skills required of a fifth-semester athletic training student.

470 Nutrition for Exercise and Performance (3)
Prerequisites: junior, senior or graduate standing; KNES 348. Role of different nutrients (macro and micro) to provide energy during exercise, enhance performance and support recovery after exercise. Fluid replenishment, ergogenic aids, nutritional supplements, nutritional immunology and the female athlete.

471 Motor Control and Movement Dysfunction (3)
Prerequisites: junior, senior or graduate standing; KNES 371. Contemporary motor control theories and how they are applied to the development of therapeutic exercise programs for children and adults with balance and movement disorders caused by disease and/or trauma to the neurological system.

480 Gender Issues and Sport (3)
Prerequisites: junior, senior or graduate standing; KNES 381 or completion of G.E. Categories D.1 and D.5. Multidimensional focus of influences impacting women’s competitive and non-competitive sport participation with emphasis on access, inclusion, adherence, benefits/liabilities and lifelong well being.

494 Practicum (1-3)
Prerequisites: junior, senior or graduate standing; consent of faculty sponsor, field supervisor, fieldwork coordinator and department chair. Planning, preparing, coaching, teaching in public school, college or community physical education or recreation programs. May be repeated for a maximum of six units of credit. Credits not applicable toward major or fifth year work. Credit/No Credit only.

495 Internship in Kinesiology (3)
Prerequisites: minimum of 12 units of upper-division kinesiology coursework completed, faculty sponsor, field supervisor, fieldwork coordinator and department chair consent. Seminar for analysis of field experiences, including appropriate theory, skills and techniques, in addition to supervised experience in an approved fieldwork location agency. Internship must be specific to the discipline of kinesiology. Minimum of 120 hours per semester. Application forms must be completed and approved prior to enrollment. May not be repeated for credit toward the major.

499 Independent Study (1-3)
Prerequisites: minimum of 15 upper-division kinesiology courses completed. Topics based on a study plan prepared in cooperation with a faculty supervisor. Culminates in a paper, project, comprehensive examination or performance. Application forms must be completed and approved prior to enrollment. Maximum of three units in any one semester; may be repeated once.

508 Statistical Methods in Kinesiology (3)
Prerequisites: graduate status, KNES 349. Statistical theory, data collection procedures, techniques for analysis and interpretation of data.
510 Research Methods in Kinesiology (3)
Prerequisites: graduate status, KNES 508. Fundamental tools of research. Types of research, process of scientific inquiry and critical analysis of research. Topic selection and development of a research proposal.

516 Advanced Study of the Philosophical Perspective of Human Movement (3)
Prerequisites: graduate status, KNES 380. Methods of the philosophical process of human movement.

550 Graduate Internship (3)
Prerequisites: graduate status, consent of faculty sponsor, field supervisor, field coordinator and chair. On-the-job training experiences supervised by a fully trained practitioner. Minimum of 120 hours per semester plus conferences with faculty sponsor. Application forms must be completed and approved prior to enrollment. Upon completion of the internship, a written evaluation must be submitted. Not open to students on, or subject to, academic probation.

551 Advanced Study in Physiology of Exercise (3)
Prerequisites: graduate status, KNES 348, 348L. Current issues and research in physiology of exercise with emphasis on physiological control during acute exercise. Includes written, oral and laboratory assignments.

555 Applied Strength and Conditioning (3)
Prerequisites: graduate status, KNES 351, 551. Anatomical and physiological bases for programs that develop physical fitness and performance.

557 Instructional Strategies in Physical Education and Sport (3)
Prerequisites: graduate status, KNES 371 or 383. Theoretical concepts, models and research on instructional strategies for Physical Education, sport and related professional setting. Highly recommended for graduate students in all concentrations in Physical Education.

558 Advanced Study in Teaching Human Movement (3)
Prerequisites: graduate status, KNES 300 or 371 or consent of the instructor. Historical perspectives and current trends in pedagogical research and the resultant principles that undergird the science of teaching human movement.

561 Advanced Study in Biomechanics (3)
Prerequisites: graduate status, KNES 461. Advanced methods and concepts associated with the quantification of human movement. Biomechanical analysis of force plate and three-dimensional video data.

571 Advanced Study in Human Motor Control and Learning (3)
Prerequisites: graduate status, KNES 371. In-depth study of contemporary trends and issues in motor control/learning research. Application of research to practice.

580 Advanced Study in Sport and Exercise Psychology (3)
Prerequisites: graduate status, KNES 383. Current issues and research in sport and exercise psychology. Topics include motivation, personality, leadership and group dynamics, attention/concentration, exercise adherence/compliance, sport and exercise injury, and behavioral change strategies.

581 Consultation in Applied Sport Psychology (3)
Prerequisites: KNES 383, 430 and graduate standing. Factors related to effective consultation for enhancing athletic performance. Knowledge of consultation issues will be derived from the existing best practices and literature with the purpose of drawing practical applications for the new professional. May be repeated for a maximum of six units credit.

582 Advanced Study in Sociocultural Perspectives of Human Movement (3)
Prerequisites: graduate status, KNES 384. In-depth study of theories and methods of the sociocultural perspective and their application to the study of human movement phenomena.

597 Project (3)
Prerequisites: graduate classified status, KNES 510, successful completion of an oral presentation of the project, and signature of all committee members on or before the census date of the semester in which the student elects to enroll. Directed independent inquiry. Not open to students on, or subject to, academic probation.

598 Thesis (3)
Prerequisites: graduate classified status, KNES 510, successful completion of an oral presentation of the thesis, and signatures of all committee members on or before the census date of the semester in which the student elects to enroll. Student will select and have approved a research proposal, conduct the research, and prepare a formal analysis and report. May be repeated. Not open to students on, or subject to, academic probation.

599 Graduate Independent Research (1-3)
Prerequisites: graduate status, KNES 510, and consent of the faculty adviser and chair. Student research in a specific area of human movement studies. Application forms must be completed and approved prior to enrollment. Upon completion of the research, a written report must be submitted. Not open to students on, or subject to, academic probation. Maximum of three units in any one semester; may be repeated once.