

Kinesiology

The term kinesiology means “the study of movement,” and the academic discipline of kinesiology comprises the sub-disciplines of exercise physiology, biomechanics, sport and exercise psychology, athletic training and sports medicine, sports administration, physical education, and fitness and health promotion. The overall objective of the programs in kinesiology is to improve the lives of students by providing insight, education, and practical experience in exercise, sport, and physical activity. Programs in kinesiology open doors to relevant and rewarding professional careers.

The Department of Kinesiology is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical and professional experience. Students are engaged in educational and clinical research programs and practical experiences which incorporate leading-edge technology and best practices. The curriculum and associated instruction provide a solid foundation for future learning and professional growth. The program incorporates many opportunities for professional certification through prestigious national organizations and governing bodies. Students become experts in exercise, fitness, performance, and wellness.

The **Athletic Training Option** is designed for students with professional goals in athletic training. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students completing the program may be eligible to sit for the Board of Certification exam to become a Certified Athletic Trainer (ATC). The program has high academic and performance standards that include completion of a three-year competency-based clinical education program. California residents are given preference over out-of-state and international students in this and other impacted programs.

The **Exercise Science Option** provides a comprehensive foundation in the biological, physical, and technological sciences which fully prepares students for graduate study and professional careers in fitness, wellness, health promotion, human performance, and preventive and rehabilitative sciences. Flexible and personalized educational and career development strategies are hallmarks of this program. Exercise science faculty provide instruction and advising that is based upon extensive practical and professional experience.

The **Physical Education Option Credential Option Program (PECOP)** offers specific and standards-based curricular emphasis in pedagogy, pedagogical strategies, movement development and analysis, and application of physical activities designed for students with professional goals in teaching physical education. Specifically, PECOP offers a blended program that allows the student to complete specified unit requirements in General Education, the Physical Education Option, and a Single Subject Credential in four years. Upon completion of the PECOP, students will have access to teaching careers in grades K-12. The PECOP is an accredited, blended program that adheres to the standards outlined by the California Commission on Teacher Credentialing (CCTC) and National Association for Sport and Physical Education (NASPE).

The **General Option** is designed for students interested in professional careers that are not specifically addressed by the other three options in kinesiology. The General Option does not lead to teaching credential programs or certification as athletic trainers. General Option students typically pursue careers in health- and business- related fields such as the fitness industry, corporate fitness, medical and pharmaceutical sales, and public safety.

Obtaining a **Master of Arts** is a very effective strategy for career advancement. At the master's level, the Department of Kinesiology offers options in Exercise Science and Sport Psychology, and curricular emphases in physical education and sports administration. There are 11 graduate faculty members in the department. The exercise science and sport psychology labs are fully equipped with research-standard technology. Graduates of this program have achieved remarkable success in professional careers as well as in doctoral programs in prestigious universities.

A degree in kinesiology can lead to very bright career prospects in health care, sports and athletics, education, and other professional avocations.

Activity Classes

The activity program is dynamic, diverse, rewarding, and fun. The focus is on quality experiences in fitness, skill, and personal development. Activity courses are offered in aquatics, dance, individual activities, and team sports. Some of the more unique and interesting experiences include aerobic dance, bowling, fencing, Hip Hop dance, martial arts, massage, Pilates, racquet sports,

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B.S. in Kinesiology

Options:

- Athletic Training
- Exercise Science
- General Kinesiology
- Physical Education

M.A. in Kinesiology

Options:

- Exercise Science
- Sport Psychology

Sports Coaching Minor

Single Subject Teaching Credential in Physical Education

strength training, and yoga. These courses are open to all students, and as many as 8 units of activity classes can be counted toward graduation (12 units for kinesiology majors).

Facilities

The facilities for these programs include two gymnasiums; six racquetball courts; 12 tennis courts; a mat/gymnastics facility; a weight/cardio room; two multipurpose/dance rooms; an all-weather track; multi-purpose fields for softball, soccer, football, ultimate Frisbee, and golf; an archery range; a putting green and associated sand bunkers; a swimming pool; and indoor and outdoor volleyball and basketball courts. Modern, well-equipped instructional and research labs in exercise physiology, biomechanics, sports and exercise psychology, and athletic training are central components of the department.