

Kinesiology

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ACADEMIC PROGRAMS

Kinesiology – [BS](#), [MS](#)

The Kinesiology Department offers undergraduate and graduate degree programs in kinesiology. The department also contributes to the general education and elective needs of all students by providing health education, first aid/CPR courses, two upper-division elective courses in GE Area D5 and other sub-disciplines in kinesiology (e.g., biomechanics, exercise physiology, and motor behavior). The curriculum and coursework in the Kinesiology Department is designed to meet the mission of preparing students to be leaders in the fields of physical activity, health, and disease prevention and treatment. The department sponsors annual professional development workshops for physical education and health teachers and athletic coaches.

The Kinesiology and Recreation Center complex provides laboratory, research and office space for the Kinesiology Department, and provides access to quality physical activity and sport facilities for students, faculty and staff.

The Kinesiology Department is also home to the STRIDE center (Science through Translational Research in Diet and Exercise). STRIDE is a university-wide, multidisciplinary, translational research consortium, initiated in 2007 by the Kinesiology Department. The STRIDE center provides students with unique opportunities to contribute to ongoing research in lifestyle enhancement and health.

The BS in Kinesiology is a broad based program offering students training in the multiple sub-disciplines of kinesiology (biomechanics, exercise physiology, health, motor behavior and sport and exercise psychology/sociology) and two professional tracks based on a common curriculum that incorporates the scientific and clinical knowledge of exercise science, health promotion and nutrition as applied in preventive, clinical, commercial fitness, public health and educational settings. The courses in these two professional tracks provide additional depth of knowledge and coursework requirements to meet eligibility

for pursuing certification in two different areas. The Exercise Science professional track prepares students for national exams for American College of Sports Medicine (ACSM) Certification. The Health Promotion professional track prepares students to meet the professional practice standards developed by the National Commission for Health Education Credentialing, Inc. and meets the competencies and seven responsibilities for Certified Health Education Specialists (CHES) as identified by the 2010 Health Education Job Analysis. Students who complete this professional track are eligible to take the CHES exam.

Program Learning Objectives

BS Kinesiology

- Demonstrate knowledge of the physical, biological, fitness and health areas in physical activity and sport
- Demonstrate knowledge of the behavioral sciences and socio-cultural perspectives in physical activity and sport
- Demonstrate proficiency in the selection and utilization of appropriate technologies to measure human performance, physical activity, sport, and health-related parameters
- Understand and apply the principles of quantitative and qualitative data analysis to the study of human performance, physical activity, sport, and health-related parameters
- Demonstrate knowledge of the conditions of safe practice and risk management
- Identify critical factors that influence the adoption and maintenance of a physically active lifestyle
- Demonstrate proficiency in critical thinking, written and oral communication