

Kinesiology: Fitness Director Option

ADVISOR INFORMATION: <https://www.csudh.edu/kinesiology/advisement/>

- **Angel Valdez, *Academic Advisor* – avaldez62@csudh.edu**

Angel is a full-time staff member who advises on General Education requirements as well as requirements for the major. Meet with them every semester to review your progress and plan your next semester's courses.

- **Coach George Wing, *Faculty Advisor* - gwing@csudh.edu**

Coach Wing is a faculty member who advises on major requirements for the Fitness Director option. Meeting with a faculty advisor every semester is recommended.

- **Dr. Gioella Chaparro, *Faculty Advisor* - gchaparro@csudh.edu**

Dr. Chaparro is a faculty member who advises on major requirements for the Fitness Director option. Meeting with a faculty advisor every semester is recommended. She can be contacted at the email address above.

GENERAL ADVISING INFORMATION:

There are four types of courses you need to take to graduate:

1. General Education (G.E.) courses
2. Statutory Requirements (HIS 101 and POL 101)
3. Graduation Writing Assessment Requirement
4. Major Courses

Students must earn 120-units to graduate, including but not limited to all the courses in the categories above. These 120-units must include:

- At least 30-units at CSUDH
- At least 40 upper-division units
- At least 24 upper-division units at CSUDH

General Education (G.E.) notes:

- View your G.E. requirements in your Academic Catalog on the university website <https://www.csudh.edu/university-catalog/> or on your Academic Requirements page (see drop-down menu on left side of your myCSUDH Student Center).
- Nine (9) G.E. units must be earned at CSUDH. These are usually the three upper-division required G.E. courses.

Kinesiology major, Fitness Director option requirements:

NOTE: Grades of "C" or higher must be earned in all courses for the major. Classes in which grades of "C-" or below are earned must be retaken. Contact your Academic Advisor for information on the Repeat and Cancel policy.

Lower-Division Required Courses for all KIN majors:

Course	Title	Units	Notes
BIO 250	Human Anatomy & Physiology	3	Pre-req: BIO 102, BIO 120, or equivalent Note: It is suggested that students take KIN 290 Human Anatomy & Physiology I (4 units), which clears the BIO 250/251 requirement
BIO 251	Human Anatomy & Physiology Lab	1	
KIN 223	Introduction to Physical Education	3	Note: This is the first KIN course that should be taken in your major

Upper-Division Required Courses for all KIN majors:

Course	Title	Units	Notes
KIN 301	Kinesiology	3	Pre-req: BIO 250/251 or KIN 290 Note: Has lecture and lab component
KIN 303	Exercise Physiology	4	Pre-req: BIO 250/251 or KIN 290 Note: Has lecture and lab component
KIN 330	Somatic Education	3	
KIN 360	Prevention & Treatment of Athletic Injuries	3	Pre-req: BIO 250/251 or KIN 290 Note: Has lecture and lab component

Lower-Division Requirements for the Fitness Director option:

- Take ALL of the following:

All classes are 1-unit unless otherwise specified, and none have pre-reqs.

KIN 111: Aerobics	KIN 141: Martial Arts	KIN 235: Lifetime Fitness (3-units)
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- Choose ONE of the following:

KIN 142: Physical Conditioning
KIN 170: Weight Training

- Choose ONE of the following:

KIN 156: Swimming/All Levels
KIN 158: Swimming/Conditioning

Upper-Division Requirements for the Fitness Director option:

Course	Title	Units	Notes
KIN 300	Tests and Measurements in PE	3	
KIN 304	Intro To Adapt PE	3	
KIN 305	Motor Learning	3	
KIN 310	Nutrition for Peak Performance	3	
KIN 362	Principles of Athletic Training	3	Pre-reqs: BIO 250/251 or KIN 290, and KIN 360 Note: Recommend to take the KIN 363 lab; especially if extra units are needed for your degree Alternative: Students can choose to take KIN 320 in place of KIN 362
KIN 462	Therapeutic Exercise	3	Pre-reqs: BIO 250/251 or KIN 290, and KIN 360 Note: Has lecture and lab component
KIN 490	Senior Seminar in Physical Ed	1	Note: This class must be taken in final semester

KIN 496	Internship	1-3	Note: This class must be taken in final semester. This class has turned into a business preparation course which includes, but not limited to, graduate school information/application process, resume writing, interviewing, and the development of the student's own healthcare entity. They learn about business 101 practices and establishing a corporation, etc. Students are no longer required to complete an INTERNSHIP.
PSY 314	Behavior Modification	3	Note: Not recommended to take in final semester