

Kinesiology: Fitness Director Option

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

- **April Thomas, Academic Advisor – aprilthomas@csudh.edu**

April is a full-time staff member who advises on General Education requirements as well as requirements for the major. Student appointment link: <https://csudh.campus.eab.com/pal/GbPvUdToBM>

- **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. Type "Repeat and Cancel" in the search bar of the university website for information on the "Repeat and Cancel" policy.
 -- The pre-reqs for courses listed on this sheet may differ from those listed online. It takes time to update the pre-reqs online, and this sheet is the most accurate list.

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	If taken Fall '23 or later, it can also clear the GWAR. Email department assistant Yanet Suarez ysuarez@csudh.edu for a permission number to add this class. Include your ID number and class section number in the request.
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