

SACRAMENTO  
STATE

# Program Proposal

## Form B

Academic Group ( <i>College</i> ): <b>Health &amp; Human Services</b>	Date of Submission to College Dean:
Academic Organization ( <i>Department</i> ): <b>Exercise Science – Kinesiology &amp; Health Sciences</b>	Requested Effective: Fall __, Spring 2012 __, 20__11__.
Department Chair: <b>Joan Neide</b>	Contact if not Department Chair: <b>Roberto Quintana</b>
Title of the Program ( <i>Please be specific; indicate minor, undergraduate or graduate degree, etc.</i> ): <b>Exercise Science Concentration</b>	
<p>Type of Program Proposal:</p> <p>_____ Modification in Existing Program:</p> <p>          ___ Substantive Change</p> <p>          __XX__ Non-Substantive Change</p> <p>          ___ Deletion of Existing Program</p> <p>_____ New Programs</p> <p>          ___ Initiation (Projection) of New Program on to Master Plan</p> <p>          ___ New Degree Programs</p> <p>              ___ Regular Process</p> <p>              ___ Fast Track Process</p> <p>              ___ Pilot Process</p> <p>          ___ New Minor, Concentration, Option, Specialization, Emphasis</p> <p>          ___ New Certificate Program</p> <p><b>PLEASE NOTE:</b> Form B is to be used only as a Cover Form. Additional information is requested for each of the above as noted in the corresponding procedure in the Policies and Procedures for Initiation, Modification, Review and Approval of Courses and Academic Programs found at <a href="http://www.csus.edu/umannual/acad.htm">http://www.csus.edu/umannual/acad.htm</a></p>	
<p>Briefly describe the program proposal (new or change) and provide a justification.</p> <p><b>The Exercise Science Concentration (Exercise Science and Therapeutic Exercise and Rehabilitation options) is requesting that all courses counted for the Exercise Science concentration must be completed with a "C-" or better. Adoption of this policy will assist in increasing knowledge skill and abilities required by CAHEP accreditation.</b></p>	
<p><b>Approvals:</b></p> <p>Department Chair: _____ Date: _____</p> <p>College Dean: _____ Date: _____</p> <p>University Committee: _____ Date: _____</p> <p>Associate Vice President and Dean for Academic Affairs: _____ Date: _____</p>	

Proposed Catalog Copy

**Exercise Science Concentration  
Pre-Declaration Status Requirements**

Freshman or transfer students interested in the Exercise Science Concentration Kinesiology Major are admitted as Pre-Declared Status Exercise Science Kinesiology students.

To change to an Exercise Science Concentration Kinesiology major, pre-declared students are required to complete the following grade and course requirements and submit a Declaration of Major/Concentration form to the Kinesiology Department Office along with transcript copies.

- 1) An overall GPA of 2.0.
- 2) Completion of the **Pre-Declaration Required Courses** with a "C-" or better. Only first or second attempts will be considered.

**Requirements –Bachelor of Science Degree  
Exercise Science Concentration**

Units required for Major: 73-75  
Minimum total units for the BS: 120  
Note: Additional units may be required to meet the Sacramento State foreign language requirement.

All courses counted for the Exercise Science concentration must be completed with a "C-" or better.

**A. Pre-Declaration Required Courses (28 Units)**

- (3) BIO 10 Basic Biological Concepts
- (4) BIO 22 Intro Human Anatomy
- (4) BIO 131 Systematic Physiology
- (5) CHEM 1A General Chemistry I, OR CHEM 6A Intro to Chemistry
- (5) CHEM 1B General Chemistry II, OR CHEM 6B Intro to Organic and Biological Chemistry
- (4) PHYS 5A General Physics: Mechanics, Heat and Sound
- (3) STATS 1 Introduction to Statistics

**B. Required Core (12 Units)**

Current Catalog Copy

**Requirements - Bachelor of Science Degree -  
Exercise Science Concentration**

Units required for Major: 73-75  
Minimum total units for the BS: 120  
**Note:** Additional units may be required to meet the Sacramento State foreign language requirement.

*Courses in parentheses are prerequisites.*

**A. Required Core (20 units)**

Plus choice of one of the two options listed below:

- (4) BIO 22\* Intro Human Anatomy
- (4) BIO 131\* Systematic Physiology
- (3) KINS 151\* Kinesiology
- (3) KINS 151A\* Biomechanics
- (3) KINS 152\* Physiology of Exercise
- (3) KINS 158 Motor Learning

**Exercise Science Option**

The following courses are required **in addition to the core courses above (see Section A):**

**B. Required Lower Division Courses (17 units)**

- (3) BIO 10 Basic Biological Concepts, OR BIO 20 Biology: A Human Perspective
- (5) CHEM 6A Intro to Chemistry
- (5) CHEM 6B Intro to Organic and Biological Chemistry
- (4) PHYS 2 Topics in Elementary Physics

**C. Required Upper Division Courses (32 units)**

- (3) EDS 140 Introductory Behavioral Statistics
- (3) FACS 113 Nutrition and Metabolism
- (3) KINS 132 Planning, Designing, and Managing a Fitness Center
- (3) KINS 137 Sociology of Sport OR KINS 160 Sport and Exercise Psychology
- (3) KINS 139 Leadership and Communication
- (2) KINS 144 Analysis of Weight Training
- (3) KINS 153 Cardiovascular Testing and Exercise Prescription

- (3) KINS 151 Kinesiology
- (3) KINS 151A Biomechanics
- (3) KINS 152 Physiology of Exercise
- (3) KINS 158 Motor Learning

Select of one of the two options listed below:

**Exercise Science Option**

The following courses are required **in addition to the core courses above (see Section A and B):**

**C. Required Upper Division Courses (29 units)**

- (3) FACS 113 Nutrition and Metabolism
- (3) KINS 132 Planning, Designing, and Managing a Fitness Center
- (3) KINS 137 Sociology of Sport, OR KINS 160 Sport and Exercise Psychology
- (3) KINS 139 Leadership and Communication
- (2) KINS 144 Analysis of Weight Training
- (3) KINS 153 Cardiovascular Testing and Exercise Prescription
- (3) KINS 154A Principles and Techniques in a Clinical Setting
- (3) KINS 156 Care of Athletic Injuries
- (3) KINS 194B Assigned Internship in Exercise Science, OR KINS 195B Directed Internship in Exercise Science

- (3) Select one of the following:
  - (3) HLSC 150 Aging and Health
  - (3) KINS 136 Sport and Aging
  - (3) NURS 163 Holistic Approach to Aging
  - (3) PSYC 150 Psychological Aspects of Aging

**D. Electives (5-6 units)**

- (5-6) Select five-six units from the following:
- (3) KINS 152A Fundamentals of Exercise Programs
  - (2) KINS 152B Exercise Physiology of Women
  - (2) KINS 152C Prolonged Exercise
  - (2) KINS 152D Blood Lactate and Exercise
  - (2) KINS 153C Exercise Mini Series: Electrocardiography

- (3) KINS 154A Principles and Techniques in a Clinical Setting
- (3) KINS 156 Care of Athletic Injuries
- (3) KINS 194B Assigned Internship in Exercise Science, OR KINS 195B Directed Internship in Exercise Science

- (3) Select one of the following:
  - HLSC 150 Aging and Health
  - KINS 136 Sport and Aging
  - NURS 163 Holistic Approach to Aging
  - PSYC 150 Psychological Aspects of Aging

**D. Electives (5-6 units)**

- (5-6) Select five-six units from the following:
- KINS 152A Fundamentals of Exercise Programs
  - KINS 152B Exercise Physiology of Women
  - KINS 152C Prolonged Exercise
  - KINS 152D Blood Lactate and Exercise
  - KINS 153C Exercise Mini Series: Electrocardiography
  - KINS 196 Experimental Offerings in Kinesiology

Note: Other elective courses can be used with the permission of an instructor.

**Therapeutic Exercise and Rehabilitation Option**

The following courses are required in addition to the core courses above (see Section A):

**B. Required Lower Division Courses (17 units)**

- (3) BIO 10\* Basic Biological Concepts OR BIO 20\* Biology: A Human Perspective
- (5) CHEM 1A General Chemistry I OR CHEM 6A Introduction to General Chemistry
- (5) CHEM 1B General Chemistry II OR

(1-3) KINS 196 Experimental Offerings in Kinesiology

Note: Other elective courses can be used with the permission of an advisor.

**Therapeutic Exercise and Rehabilitation Option**

The following courses are required in addition to the core courses above (see Section A and B):

**C. Required Upper Division Courses (11 units)**

- (3) KINS 153 Cardiovascular Testing and Exercise Prescription
- (3) KINS 154A Principles and Techniques in a Clinical Setting
- (2) KINS 155A Clinical Evaluation of the Upper Extremity, OR  
KINS 155B Clinical Evaluation of the Lower Extremity
- (3) KINS 194F Assigned Field Experience in Allied Health

**D. Electives (6 units)**

- (6) Select two of the following:
- (3) KINS 139 Leadership and Communication
  - (3) KINS 156 Care of Athletic Injuries
  - (3) KINS 157 Therapeutic Exercise
  - (3) KINS 176 Perceptual Motor Development

**E. Additional Electives (19 units)**

- (19) Select 19 units from the following:
- (4) BIO 122 Advanced Human Anatomy
  - (3) BIO 123 Neuroanatomy
  - (3) BIO 132 Neurophysiology
  - (4) BIO 139 General Microbiology
  - (3) KINS 152A Fundamentals of Exercise Programs
  - (1-3) KINS 194F Assigned Field Experience in Allied Health
  - (3) MATH 30 Calculus I
  - (2) NURS 14 Pharmacology
  - (2) NURS/PT 130 Pathophysiology
  - (5) PHYS 5B General Physics: Light, Electricity and Magnetism, Modern Physics
  - (3) PSYC 168 Abnormal Psychology

CHEM 6B\* Introduction to Organic and Biological Chemistry

- (4) PHYS 5A\* General Physics: Mechanics, Heat, Sound

**C. Required Upper Division Courses (11 units)**

- (3) KINS 153 Cardiovascular Testing and Exercise Prescription
- (3) KINS 154A Principles and Techniques in a Clinical Setting
- (2) KINS 155A Clinical Evaluation of the Upper Extremity OR  
KINS 155B Clinical Evaluation of the Lower Extremity
- (3) KINS 194F Assigned Field Experience in Allied Health

**D. Required Therapeutic Exercise and Rehabilitation Electives (6 units)**

- (6) Select two of the following:
- KINS 139 Leadership and Communication
  - KINS 156 Care of Athletic Injuries
  - KINS 157 Therapeutic Exercise
  - KINS 176 Perceptual Motor Development

**E. Additional Therapeutic Exercise and Rehabilitation Electives (19 units)**

- (19) Select 19 units from the following:
- BIO 122 Advanced Human Anatomy
  - BIO 123 Neuroanatomy
  - BIO 132 Neurophysiology
  - BIO 139 General Microbiology
  - KINS 152A Fundamentals of Exercise Programs
  - KINS 194F Assigned Field Experience in Allied Health
  - MATH 30 Calculus I
  - NURS 14\* Pharmacology
  - NURS/PT 130\* Pathophysiology
  - PHYS 5B\* General Physics: Light, Electricity and Magnetism, Modern Physics
  - PSYC 168\* Abnormal Psychology
  - STAT 1\* Introduction to Statistics

Note: Other elective courses can be used with the permission of an advisor.

\*Prerequisite for Sacramento State MS in Physical Therapy.

Note: Other elective courses can be used with the permission of an advisor.

+Recommended for Sacramento State MS in Physical Therapy.