

### Proposed Minor in Kinesiology, CSU—San Marcos

1. The Department of Kinesiology at CSU—San Marcos is proposing a minor to satisfy student demand for a minor in this field, and also to give students seeking a single-subject credential to teach physical education (majoring in another field), a way to adequately prepare themselves for the profession.

The minor will consist of 24 units:

<b>REQUIRED COURSES (15 units):</b>	
BIOL 175 Anatomy and Physiology I	4
BIOL 176 Anatomy and Physiology II	4
KINE 204 Techniques & Analysis of Fitness and Weight Training	3
KINE 326 Introductory Exercise Physiology	4

<b>ELECTIVES (choose 3 courses, 9 units total)</b>	
KINE 300 Biomechanics	3
*KINE 301 Motor Control and Learning	3
KINE 302 Sports Medicine	3
KINE 336 Nutrition, Health, and Human Performance	3
*KINE 400 Movement Theory and Practice of Elementary Physical Education	3
*KINE 401 Principles, Organization and Management of Secondary School Physical Education	3
KINE 403 Measurement and Evaluation in Kinesiology	3
KINE 406 Stress Testing and Exercise Prescription	3
KINE 426 Exercise Physiology for Special Populations	3

*\* Students seeking a minor in Kinesiology for the purposes of later obtaining a single-subject teaching credential in Physical Education are encouraged to take these 3 elective courses.*

2. The degree major program is Kinesiology.
3. There are currently four options in the Kinesiology degree: Physical Education, Applied Exercise Science, Pre-Physical Therapy, and Health Science. This proposed minor will help students achieve a solid foundation in Kinesiology and will also help those wanting to pursue graduate school in Kinesiology to meet some of the most common prerequisites. With the addition of the single-subject teaching credential program in Physical Education, we have also had students from other majors express an interest in coursework that will adequately prepare them for the CSET exam and a career as a physical educator. We believe that the addition of a minor, with recommendations specifically for these students, will provide them with the background they need to be successful.
4. All courses in the Minor will be taught within the Kinesiology and Biology Departments by full-time as well as adjunct faculty.

5. The proposed minor will give students seeking additional training in Kinesiology a comprehensive and applied body of knowledge to serve them in a variety of careers. KINE 204, 302, and 406 will provide the student with 'hands on' competencies within Kinesiology; whereas, KINE 301, 326, and 336 will provide students with the necessary theoretical content in Motor Learning, Exercise Physiology, and Nutrition. Students seeking to work in K-12 Physical Education will benefit from the opportunity to take KINE 301, 400 and 401, to augment their knowledge base and prepare them for the CSET exam for entry into a teaching credential program.
6. The proposed aggregate of courses will provide students seeking a Minor in Kinesiology with a broad body of knowledge, both theoretical and applied. Some students with majors in Business, Marketing, or Human Development seek careers in the health and fitness industry, and this added knowledge will supplement their success.
7. Please see our response to question 1 above. The minor will be composed of 24 units, 13 of which will be upper-division coursework.
8. Our curriculum for the four options in Kinesiology are attached. Students will require a minimum of 120 credits to graduate.
9. No new classes are required for implementation.
10. Faculty who will teach in the minor are described below.

Faculty	Rank	Appointment status	Degree earned/date	Field of study	Professional experience
Todd Astorino	Associate Professor	Tenured, Kinesiology	Ph.D, 2001	Exercise Physiology	6+ yrs as teacher, researcher, and mentor in academia
Kara Witzke	Associate Professor, Chair	Tenured, Kinesiology	Ph.D, 1997	Kinesiology/Exercise Physiology	Extensive in all facets of academic responsibility
Paul Stuhr	Assistant Professor	Tenure-track, Kinesiology	Ph.D, 2008	Physical Education Pedagogy	3+ yrs as pedagogy teacher, experience in public schools
Jeff Nessler	Assistant Professor	Tenure-track, Kinesiology	Ph.D., 2005	Biomechanics	3+ yrs teaching biomechanics, applied kinesiology, motor control

11. We expect that only a small number of students will declare the Minor (following the pattern of other Minor programs on campus). Perhaps only as many as five students will

declare the Minor each year, thus, we anticipate that little additional support will be needed to implement and sustain the proposed Minor, beyond the plans to expand our existing faculty. Our two new hires in Kinesiology for 2008-09 will lend significant additional support to our both the Major and the proposed new Minor.

12. Catalog Description of Minor in Kinesiology:

**MINOR IN KINESIOLOGY**

The Kinesiology Minor provides basic training in Kinesiology to students seeking a comprehensive and applied body of knowledge to serve them in a variety of careers. The Minor is also helpful to those from other majors wanting to pursue graduate school in Kinesiology, allowing them to meet some of the most common prerequisites, as well as to those pursuing a single-subject teaching credential in Physical Education. For the latter students, the Minor provides the opportunity to complete coursework that will help prepare them for the CSET and a career as a physical educator.

The Kinesiology Minor consists of 24 units of credit, as outlined below. All courses submitted for the Minor must be completed with a grade of C or better. Courses submitted for the Minor may also be used to fulfill General Education requirements. At least 12 units of coursework submitted for the Minor must be completed at CSUSM.

	<b>Units</b>
<b>REQUIRED COURSES</b>	<b>15</b>
BIOL 175 (4 units)	
BIOL 176 (4)	
KINE 204 (3)	
KINE 326 (4)	
<b>ELECTIVES</b>	<b>9</b>
Select any three of the following:	
KINE 300 (3)	
*KINE 301 (3)	
KINE 302 (3)	
KINE 336 (3)	
*KINE 400 (3)	
*KINE 401 (3)	
KINE 403 (3)	
KINE 406 (3)	
KINE 426 (3)	

*Total units:* 24

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