

College of **HEALTH & SOCIAL SCIENCES**

Student Resource Center

At the College of Health & Social Sciences' Student Resource Center, we can provide you with the support you need to navigate University policies and regulations, direct you towards appropriate support services and offer a compassionate ear in a time of frustration or stress as you deal with the pressures of work, school and family responsibilities. Drop by to make an appointment to see one of our advisors.

Services Offered

- Academic Planning (GE/DPR/Major)
- Transition Support for First Time Freshman and Transfers
- Impacted Major Consultation
- Academic Probation Support
- General Life/Support Counseling
- Career Prep and Planning
- Graduation Check (GE and Graduation Requirements)
- Resume and Cover Letter Help

CHSS Student Resource Center

HSS 254
srcenter@sfsu.edu
(415) 405-3740
chss.sfsu.edu/src



PRE-KINESIOLOGY

The Pre-Kinesiology designation allows you to continue to explore various majors by selecting multidisciplinary General Education classes with a focus on coursework/prerequisites that can prepare you to apply for admissions into the Bachelor of Science Kinesiology program, should you determine that this major is most appropriate for your skills, interests and career goals.

IMPACTION

Kinesiology is an impacted program, meaning there are more students wanting the major than there is capacity. Thus freshmen and sophomores interested in the Kinesiology program should consider declaring Pre-Kinesiology. However, this does not mean that your major is now Kinesiology, nor does this designation guarantee or increase your chances of acceptance into the major. It may make you eligible to take some kinesiology courses such as KIN 250 and receive news and updates from the department and the college regarding the program.

ABOUT THE MAJOR

The programs in kinesiology at SF State are carefully designed so that students experience the multidisciplinary foundations of human movement and physical activity. Students gain theoretical and practical knowledge related to the biological, physical, behavioral, sociocultural, philosophical and psychological factors underlying human movement and physical activity. The field of kinesiology studies underlying factors in the context of skill in a variety of contexts, including those related to activities of daily living, work settings, recreation, sport and the performing arts. Factors and parameters associated with conditioning, learning and rehabilitation are studied across the lifespan and within a diversity of populations. In addition, sport is studied as a personal endeavor and social institution.

CONCENTRATIONS

Exercise and Movement Sciences

Students interested in biomechanics, exercise physiology, motor control, motor learning and development, sport and exercise psychology, sport history, sport sociology, socio-cultural studies of physical activity, urban youth development and physical or occupational therapy. Qualified students will be equipped with the skills and knowledge needed for advanced study in any of the above-mentioned domains or for employment in fitness settings, physical activity programming, the sports media, sports industries, and as consultants for agencies developing sports policy.

Physical Education

The physical education concentration prepares students for entry to a teaching credential program and graduate related studies. The courses of study satisfy California State requirements for the Subject Matter Program in Physical Education and the departmental standards for competence in the subject matter of Physical Education. This degree emphasis will prepare students for advanced studies in physical education for elementary, middle and high schools. In addition, students who wish to pursue graduate studies will be well prepared to do so.



**SAN FRANCISCO
STATE UNIVERSITY**

Suggested first-year course sequence to apply for admission by junior year*

FALL 2018

Area B4 Math 124
Area A2 English 104 or 114
Biology 100 & 101 or Biology 230
Area A1 or A3 Oral Communication or Critical Thinking
Area D2 or D3 U.S. History or U.S. & CA Government

SPRING 2019

Chemistry 101/102 or 115 (For exercise movement concentration)
Area A2 English 105 or 114
Area A1 or A3 Oral Communication or Critical Thinking
Area C1 or C3 Arts or Literature
Area D2 or D3 U.S. History or U.S. & CA Government

FALL 2019

Biology 212/213 (For exercise movement concentration)
Physics 101 or 102 (For exercise movement concentration)
Area C1 or C3 Arts or Literature
Area D1 Social Sciences

SPRING 2020

Biology 220 or 328
Kinesiology 250
Kinesiology 251
Area C1 or C3 Arts or Literature

* AP and IB exam scores as well as courses taken at a community college can also impact the suggested course sequencing. If you are not sure how this will affect your scheduling, please contact an SRC advisor.

**To take Upper Division courses, 48 units must be completed at the start of semester or have 60 units completed at the end of the semester.

Kinesiology Application Periods:

Spring Admission

August 1–August 30

Fall Admission

October 1–November 30

APPLICATION INFORMATION

- Must be sophomore standing to apply. (Must be junior standing or have at least 60 units by the time you are admitted.)
- Must have a minimum GPA of 2.0, though successful applicants often have a higher GPA.
- Students with 96 units or more, must meet with a Kinesiology advisor before applying to Kinesiology major

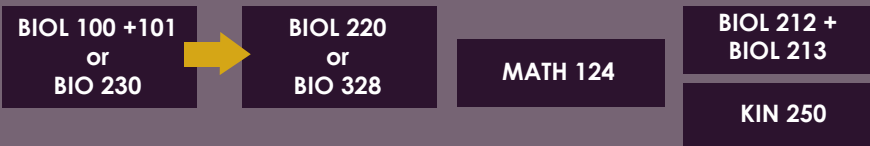
CHANGE OF MAJOR FORM

Submit the following forms to the Kinesiology main office in GYM 101.

1. Declaration/Change of Major Form
2. Additional Information Form

****Please indicate the concentration to which you are applying (i.e., Exercise and Movement Science or Physical Education).****

KIN RECOMMENDED COURSES*



ADDITIONAL RECOMMENDED COURSES* FOR EXERCISE & MOVEMENT SCIENCES CONCENTRATION ONLY



*Recommended courses are not used for department admission decisions.

Pre-Kinesiology students are encouraged to attend an advising workshop held once a month each semester by the department.

General Education Areas Potentially Met by Courses in this Major

Successfully completing the Kinesiology curriculum would also mean that you may have met the requirements for Area B1, B2, B3, & B4 in your lower division General Education requirements depending on your concentration.

ADDING, DROPPING AND WITHDRAWING FROM CLASSES AFTER START OF SEMESTER

Please be aware of all deadlines. You may add courses via your Gateway until before the first day of instruction, provided there is space available. Once classes start, you will need permission numbers from your instructor to add classes via Gateway.

Dropping courses via your Gateway without it noted on your official records must occur within the first three weeks of each semester. After this three-week period, you are no longer allowed to drop courses via your Gateway. You must have a serious and compelling reason to withdraw from a course and submit a petition with objective supporting documentation. If approved, a "W" will appear on your transcript. All withdrawal petitions that lack serious and compelling reasons and/or viable supporting documentation will be denied within the College of Health & Social Sciences. Be conscientious about withdrawing from classes, as you are allowed a maximum of 18 units for withdrawal, and "W"s on your transcript can reflect poorly. Also, keep in mind that you are only allowed to repeat a course once for a maximum of two times.

Lastly, it is ALWAYS students' responsibility to ensure that they are in the appropriate classes – always check your schedule!

RESOURCES:

DEPARTMENT OF KINESIOLOGY
GYM 101 | kinesiol@sfsu.edu | (415) 338-2244
kin.sfsu.edu

CHSS STUDENT RESOURCE CENTER
HSS 254 | srcenter@sfsu.edu | (415) 405-3740
chss.sfsu.edu/src

ASSIST
www.assist.org