SPORT SCIENCE, B.S.

Program Learning Outcomes

All Sport Science majors will be able to:

1. Demonstrate the ability to speak to diverse audiences on foundational concepts in sport science, fitness assessment, and exercise prescription.
2. Apply evidence-based research and informatics to improve athletic performance, exercise programming, and health outcomes.
3. Assess physical fitness to inform risk management and tailor exercise prescriptions for enhanced performance and improve health outcomes.
4. Apply physiological and nutritional mechanisms that support health promotion, optimize athletic performance, and enhance physical conditioning.
5. Demonstrate preparedness to serve others in various fitness or health care settings through their selected vocation and calling.

Concentrations

- General (p. 1)
- Strength and Conditioning (p. 1)

General Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (GE) and Human Anatomy and Physiology I Lab (GE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
KIN 1001	Orientation to Kinesiology and the Health Sciences	1
KIN 2001	Fundamentals of Sport Science	2
KIN 2000 or KIN 2030	Optimal Health (GE) Lifestyle as Medicine (GE)	2
KIN 2080	Care and Prevention of Athletic Injuries	2
MTH 2003	Introduction to Statistics	3
Choose one (1) sequence from the following:		5
CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (GE) and Introduction to General, Organic, and Biological Chemistry Lab (GE)	
CHE 1052 and CHE 1052L	General Chemistry I (GE) and General Chemistry I Lab (GE)	
Lower-Division Electives		
Choose a minimum of six (6) units from the following:		6
CHD 1050	Human Development	
CSC 1043 and CSC 1043L	Introduction to Computer Programming and Introduction to Computer Programming Lab	
KIN 1002	Emergency Medical Technician - Basic	
KIN 1003L	Emergency Medical Technician Lab - Basic	
KIN 2020	Team Sports Fundamentals and Strategies (GE)	
KIN 2025	Individual and Dual Sports Fundamentals and Strategies (GE)	
KIN 2050	Medical Terminology	
KIN 2080L	Care and Prevention of Athletic Injuries Lab	
NUT 2025	Fundamentals of Nutrition	
PHY 1044 and PHY 1044L	General Physics I (GE) and General Physics I Lab (GE)	
PSY 1003	General Psychology (GE)	
Upper-Division Requirements		
KIN 3002 and KIN 3002L	Clinical Exercise Testing and Prescription and Clinical Exercise Testing and Prescription Lab	4
KIN 3012	Motor Learning and Motor Development	3
KIN 3025	Structural Kinesiology	2
KIN 3027 and KIN 3027L	Applied Biomechanics and Biomechanics Lab	3
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	4
KIN 3070	Praxis of Strength Training and Conditioning	3
KIN 4041	Applied Research	3
KIN 4042	Sport Informatics	1
KIN 4095	Senior Seminar	1
Upper-Division Electives		
Choose a minimum of six (6) units from the following:		6
ANA 4000	Clinical Anatomy	
ANA 4002	Gross Anatomy of the Musculoskeletal System	
EDU 3002	Foundations of Education and Learning Theory	
EDU 3006	Principles of Language Acquisition	
EDU 4004	Foundations of Special Education	
KIN 3008	Methods of Teaching Physical Education	
KIN 3070L	Praxis of Strength Training and Conditioning Lab	
KIN 3075	Movement Interventions and Corrective Exercise	
KIN 3085	Pathology of Injury and Illness	
KIN 4084	Practicum in Kinesiology	
KIN 4088	Internship in Kinesiology	
KIN 4090	Special Studies in Kinesiology	
PSY 3021	Abnormal Psychology	
SOC 4070	Medical Sociology	
Total Units		**62**

Strength and Conditioning Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (GE) and Human Anatomy and Physiology I Lab (GE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
KIN 1001	Orientation to Kinesiology and the Health Sciences	1
KIN 2001	Fundamentals of Sport Science	2
KIN 2000 or KIN 2030	Optimal Health (GE) Lifestyle as Medicine (GE)	2
KIN 2080	Care and Prevention of Athletic Injuries	2
MTH 2003	Introduction to Statistics	3
Choose one (1) sequence from the following:		5

CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (GE) and Introduction to General, Organic, and Biological Chemistry Lab (GE)	
CHE 1052 and CHE 1052L	General Chemistry I (GE) and General Chemistry I Lab (GE)	
Lower-Division Electives		
Choose a minimum of six (6) units from the following:		6
CHD 1050	Human Development	
CSC 1043 and CSC 1043L	Introduction to Computer Programming and Introduction to Computer Programming Lab	
KIN 1002	Emergency Medical Technician - Basic	
KIN 1003L	Emergency Medical Technician Lab - Basic	
KIN 2020	Team Sports Fundamentals and Strategies (GE)	
KIN 2025	Individual and Dual Sports Fundamentals and Strategies (GE)	
KIN 2050	Medical Terminology	
KIN 2080L	Care and Prevention of Athletic Injuries Lab	
NUT 2025	Fundamentals of Nutrition	
PHY 1044 and PHY 1044L	General Physics I (GE) and General Physics I Lab (GE)	
PSY 1003	General Psychology (GE)	
Upper-Division Requirements		
KIN 3002 and KIN 3002L	Clinical Exercise Testing and Prescription and Clinical Exercise Testing and Prescription Lab	4
KIN 3012	Motor Learning and Motor Development	3
KIN 3025	Structural Kinesiology	2
KIN 3027 and KIN 3027L	Applied Biomechanics and Biomechanics Lab	3
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	4
KIN 3070	Praxis of Strength Training and Conditioning	3
KIN 4041	Applied Research	3
KIN 4042	Sport Informatics	1
KIN 4095	Senior Seminar	1
Concentration Courses		
KIN 3070L	Praxis of Strength Training and Conditioning Lab	1
KIN 4090	Special Studies in Kinesiology (2 units required)	2
KIN 4084	Practicum in Kinesiology [1]	1-3
KIN 4088	Internship in Kinesiology [1]	1-3
Total Units		**61-65**

[1] Must take a total of four (4) units of KIN 4084 and/or KIN 4088.

4-Year Credential Track: Single Subject Teaching Credential

Majors in the Bachelor of Arts and Bachelor of Science degrees complete a minimum of 128 units to graduate. The following majors have the option of choosing the 4-year credential track by fulfilling additional units within the undergraduate degree in fulfillment of the Single Subject California Teaching Credential.

- Art Education, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/shape/art/art-education-ba/) (Single Subject Art California Teaching Credential)
- Biology, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/stem/bio/biology-ba/) (Single Subject Science California Teaching Credential)
- English, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/shape/ljwl/english-ba/) (Single Subject English Teaching Credential)
- French, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/shape/ljwl/french-ba/) (Single Subject World Languages: French California Teaching Credential)
- History, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/shape/hps/history-ba/) (Single Subject Social Sciences Teaching Credential)
- Mathematics, B.S. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/stem/mics/mathematics-bs/) (Single Subject Mathematics Teaching Credential)
- Music Education, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/shape/mus/music-education-ba/) (Single Subject Music California Teaching Credential)
- Spanish, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/shape/ljwl/spanish-ba/) (Single Subject World Languages: Spanish California Teaching Credential)
- Sport Science, B.S. (p. 1) (Single Subject Physical Education California Teaching Credential)

For the 4-year credential track, the following 3000 or 4000-level credential courses are strategically added to the undergraduate degree course plan. These courses represent the required courses for the California SB2042 Single Subject Teaching Credential. Students desiring to enroll in the 4-year credential track would need to make application to the Teacher Education program before entry in the 3rd credential course, meeting all program, university and state requirements for classroom observations and tests required prior to student teaching. Students will be vetted through a screening process, which may include a faculty interview, prior to being placed in student teaching. Candidates major in the academic discipline of their choice (e.g. Kinesiology) and are co-advised by both departments throughout their undergraduate program.

Candidates may also apply to the School of Education Graduate Program to fulfill the remaining requirements toward the California Teaching Credential(s). Any 4000-level courses cross listed with the 6000-level credential courses cannot be repeated between the undergraduate and graduate programs. At the point that the requirements for the undergraduate degree are fulfilled, the candidate would apply to the Graduate School of education and complete the remaining courses required for the credential post-baccalaureate.

The following courses may be used for the credentialing purposes in the State of California. When taken prior to the posting of a baccalaureate degree, unit values may not be applied toward master's degree courses. Other appropriate master's degree-level courses must be substituted for unit values.

Requirements

Code	Title	Units
EDU 3002	Foundations of Education and Learning Theory [1]	3
EDU 3006	Principles of Language Acquisition [1]	3
EDU 4004	Foundations of Special Education [1]	3
EDU 4009	Classroom Assessment and Research Practices	3
EDU 4017	Teaching and Learning Capstone: Contemporary Issues in the Vocation of Education	2
EDU 4020	Literacy Instruction for Secondary Teachers [1]	3
EDU 4021	General Methods for Secondary Teachers [1]	3
EDU 4050	Secondary Clinical Practice I	4
EDU 4055	Secondary Clinical Practice II	4
EDU 40CP1	Clinical Practice Seminar I	1
EDU 40CP2	Clinical Practice Seminar II	1
Choose one (1) course from the following based on major:		3
EDU 4032	Methods of Teaching Secondary Language Arts	
EDU 4033	Methods for Teaching Secondary Mathematics (Mathematics Majors)	
EDU 4034	Methods of Teaching Secondary Science (Biology Major) [2]	
EDU 4035	Methods of Teaching Secondary Social Science (History Majors)	
EDU 4036	Methods for Teaching Secondary Foreign Language (French/Spanish Majors)	
EDU 4037	Methods for Teaching Secondary Visual Arts (Art Education Majors) [3]	
EDU 4038	Methods for Teaching Secondary Physical Education (Exercise and Sports Science Majors)	
EDU 4039	Content-Specific Pedagogy for Secondary Teachers (Music Education Majors) [4]	
Total Units		**33**

[1] Requires 20 hours of supervised field experience working with students in a classroom setting.

[2] BIO 4063 also satisfies this credential requirement.

[3] ART 4055 also satisfies this credential requirement.

[4] MUE 4054 also satisfies this credential requirement.