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Kinesiology, B.S.

The highly regarded Kinesiology bachelor's degree program offers hands-on learning experiences in state-of-the-art facilities to study human movement, including physical activity and daily activities, and physical education, exercise, and sport. The department offers a low student-teacher ratio and small, research-oriented classes in four concentrations in an interactive setting. Students develop their skills through fieldwork and practical experiences in their areas of study.

Experience Your Learning

Develop skills through practical experiences and fieldwork, which often include collaborating closely with the local community. Undergraduates conduct research normally reserved for graduate students at other universities.

In the Senior Capstone Experience course, students develop an e-portfolio of work, a self-reflection of their acquisition of core skills, and job market materials including a resume, cover letter, and interview skills.

The Biomechanics Lab trains students in the performance of high-quality biomechanical research methods and techniques and provides biomechanics and neurocognitive assessment services to Cal Poly Humboldt and surrounding communities.

The Human Performance Lab examines cardiovascular fitness, body composition assessment, nutritional analysis, and personalized fitness programs for people on campus and in the local community.

The North Coast Concussion Program provides baseline and post injury management services for thousands of Humboldt and Del Norte County residents each year, including Humboldt students, staff, and faculty, regional high schools, area youth and adult sport leagues, and local community members.



Did you know?

- The Kinesiology Club brings classmates together with social, professional, and academic resources, social events, and community involvement.
- The Pre-Health Professions Club focuses on preparing students for their next phase of education and providing community service and observation opportunities.
- Complete your B.S. and M.S. in Kinesiology in as little as five years with our combined degree pathway.



Academics & Options

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Concentrations

Exercise Science: There is a demand for graduates who have the ability to implement and interpret health/fitness assessments as well as develop programs to improve health, fitness, and performance. This program combines science-based classroom study with practical experience, culminating in an internship with an organization in need of your specialized skills. Graduates are also prepared for professional certification by the American College of Sports Medicine and the National Strength and Conditioning Association.

Health Promotion: Prepares students to design, implement, and evaluate community based health promotion programs. This program provides knowledge in the fundamentals of programming with the skills and abilities needed to apply that knowledge to a variety of health outcomes and with diverse populations. Students are prepared to be leaders in the field and support the health and wellbeing of their communities. Graduates are prepared for professional certification in the Certified Health Education Specialist Exam.

Physical Education Teaching: Prepares students to teach and coach in K-12 schools. Teaching candidates complete a four-year degree program and a fifth year credential program, which includes student teaching. The program provides opportunities to develop professional and interpersonal skills with clinical teaching and coaching experiences. Students are encouraged to participate in a variety of recreation, education, and/or athletic programs in order to gain a well-rounded background in knowledge and skill.

Pre-Health Professions: Provides the academic requirements necessary to apply to a graduate program for physical therapy, occupational therapy, nursing, physician assistant programs, medical school, or prosthetics and orthotics. Students also have the opportunity to gain more knowledge and experience in health fields through a practica experience in local physical therapy clinics/settings.

Careers

With a Kinesiology degree (and the career-focused, hands-on skills that come with it) there's so much you can do!

- Athletic director
- Physical therapy aide
- Teacher/coach
- Physical/occupational therapist/Physician assistant
- Corporate wellness/fitness specialist
- Biomechanist
- Community Health Specialist
- Exercise physiologist
- Strength and conditioning specialist

