

EXERCISE PHYSIOLOGY BS

The Bachelor of Science in Exercise Physiology is one of the few and the oldest in the state of California. Our curriculum explores the influence of exercise on basic human physiology, from the whole-body down to the gene. State-of-the-art facilities and technology support a wide breadth and depth of curricular options and novel research activities. The program prepares students for careers in human performance and general health-related fields. Examples of potential employment opportunities for graduates include corporate fitness, physical therapy aide, personal training, and strength and conditioning.

In addition, students are well-prepared for entry into graduate or professional degree programs, including MS/PhD programs, physical therapy, occupational therapy, nursing, and physician assistant.

Our mission is to lead in discovery, dissemination, and application of physiological principles and techniques through the lens of exercise in a diverse and constantly evolving society.

It is our vision to:

- Instruct on evidence-based, contemporary curricula emphasizing experiential learning on responses and adaptations to exercise in humans.
- Conduct innovative, student-led scholarly projects that advance knowledge related to human performance and health.
- Promote and provide opportunities for community engagement and outreach, valuing diversity and inclusivity.
- Advocate and serve as a model of good exercise and dietary hygiene.
- Uphold integrity and high ethical standards consistent with the Department of Kinesiology, College of Communication and Education, California State University, Chico, and the California State University System.
- Serve as leaders by being in service of others in professional and interpersonal capacities.

Advising Requirement

Advising is mandatory for this program. Consult your department advisor or program coordinator for information.

E-advising Tools

Use the interactive e-advising tools designed to help students graduate within four years. These tools can be accessed through the Student Center in the Portal (<https://portal.csuchico.edu>).

Grading Requirement

All courses taken to fulfill program course requirements must be taken for a letter grade except those courses specified by the department as credit/no credit grading only.

Course Requirements for the Major: 65-68 units

Completion of the following courses, or their approved transfer equivalents, is required of all candidates for this degree. Courses in this program may complete more than one graduation requirement.

Course	Title	Units
Lower Division		
BIOL 103	Human Anatomy	4
BIOL 104	Human Physiology	4
KINE 105	Introduction to Kinesiology	1
KINE 259	Kinesiology Fundamentals	1
MATH 105	Introduction to Statistics	3
PHYS 202A	General Physics I	4
Select one of the following groups:		8
CHEM 107 & CHEM 108	General Chemistry for Applied Sciences and Organic Chemistry for Applied Sciences	
CHEM 111 & CHEM 112	General Chemistry I and General Chemistry II	
Select two units from any Kinesiology (KINE) 100-level activity courses		2
Upper Division		
KINE 320W	Foundations of Exercise and Sport Psychology (W)	3
KINE 322	Biomechanics	4
KINE 323	Exercise Physiology	4
KINE 386	Physical Activity Epidemiology	3
KINE 390	Principles of Strength and Conditioning	3
KINE 480	Exercise Testing and Prescription	3
KINE 482	Exercise Pathophysiology	3
Select one of the following:		3
CHEM 350	Introductory Biochemistry	
KINE 324	Exercise Metabolism	
Select one of the following:		3
KINE 505	Exercise Behavior and Adherence	
KINE 524	Biomechanical Analysis	
KINE 530	Advanced Principles of Strength and Conditioning	
Electives		
Select three of the following:		9-12
BIOL 162	Principles of Cellular and Molecular Biology	
BIOL 211	Allied Health Microbiology	
BIOL 302W	Evolution (W)	
BIOL 303	Human Genetics	
BIOL 322W	Science and Human Values (W)	
BIOL 345	Health and Lifestyle Diseases	
BIOL 418	Neurophysiology	
KINE 315	Introduction to Adapted Physical Activity	
KINE 316	Principles of Sports Injury Management	
KINE 388	Personal Training	
KINE 485	Seminar in Sports Medicine	
KINE 489	Internship Seminar	
NFSC 303	Nutrition and Physical Fitness	
PHYS 202B	General Physics II	
PSYC 381	Abnormal Psychology	
Total Units		65-68

Electives Requirement

To complete the total units required for the bachelor's degree, select additional elective courses from the total University offerings. You should consult with an advisor regarding the selection of courses which will

provide breadth to your University experience and possibly apply to a supportive second major or minor.

general-education/#1A) requirement must be completed before a student is permitted to register for a GW course.

See Bachelor's Degree Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/bachelors-degree-requirements/>) for complete details on general degree requirements. A minimum of 39 units, including those required for the major, must be upper division.

General Education Requirements: 43 units

See General Education (<https://catalog.csuchico.edu/colleges-departments/undergraduate-education-academic-success/general-education/#general-education-requirements>) and the Class Schedule (<http://www.csuchico.edu/schedule/>) for the most current information on General Education requirements and course offerings.

American Institutions Course Requirements: 6 units

The American Institutions graduation requirement, as mandated in Title 5, Section 40404 ([https://govt.westlaw.com/calregs/Document/I56C041434C6911EC93A8000D3A7C4BC3/?viewType=FullText&originationContext=documenttoc&transitionType=CategoryPageItem&contextData=\(sc.Default\)](https://govt.westlaw.com/calregs/Document/I56C041434C6911EC93A8000D3A7C4BC3/?viewType=FullText&originationContext=documenttoc&transitionType=CategoryPageItem&contextData=(sc.Default))), requires that students satisfactorily complete courses in United States history, the US Constitution, and government and American ideals (including California state and local government). At Chico State, HIST 130 meets the US history requirement (US-1), and POLS 155 meets the US Constitution and government requirement (US-2) and the California state and local government requirement (US-3). POLS 155 also fulfills three units of GE Area 4, Social and Behavioral Sciences. See Bachelor's Degree Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/bachelors-degree-requirements/#amin>) for more information.

Diversity Course Requirements: 6 units

You must complete a minimum of two courses that focus primarily on cultural diversity. At least one course must be in US Diversity (USD) and at least one in Global Cultures (GC). See Diversity Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/diversity-requirements/>) for a full list of courses. Many courses taken to satisfy these requirements may also apply to General Education (<https://catalog.csuchico.edu/colleges-departments/undergraduate-education-academic-success/general-education/>).

Upper-Division Writing Requirement

Writing Across the Curriculum (EM 17-009 (<https://www.csuchico.edu/pres/em/2017/17-009.shtml>)) is a graduation requirement and may be demonstrated through satisfactory completion of four Writing (W) courses, two of which are designated by the major department. See Writing and Math Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/writing-math-requirements/>) for more details on the four courses. The first of the major designated Writing (W) courses is listed below.

- Any upper-division Writing (W) course

The second major-designated Writing course is the Graduation Writing Assessment Requirement (GW) (EO 665 (<https://calstate.policystat.com/policy/9585618/latest/>)). Students must earn a C- or higher to receive GW credit. The GE English Composition (1A) (<https://catalog.csuchico.edu/colleges-departments/undergraduate-education-academic-success/>)