

# KINESIOLOGY, BS

Banner Code: E1-BS-KNES

## Academic Advising

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This degree in kinesiology is a demanding science-based program designed to prepare students for a career in clinical exercise, coaching, corporate fitness, exercise and sport psychology, medical and exercise equipment sales, personal training, sport and exercise nutrition, sport science, or wellness/fitness management. The Kinesiology (KINE) program provides students with a strong science foundation for post-graduate specialized study in kinesiology or professional schools (e.g., chiropractic, medical, physical therapy). The KINE program has a comprehensive approach to the study of human movement. Three separate internship experiences totaling 700 hours provide KINE students with the opportunity to apply evidence-based knowledge and its practical application in general fitness, clinical and sports performance settings.

The KINE degree is designed to assist students in their preparation for nationally-recognized certifications, specifically those offered by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). See Admissions & Policies for details.

## Admissions & Policies

### Policies

#### Certification

Students are required to challenge either the ACSM-Certified Exercise Physiologist (EP-C) or the NSCA-Certified Strength and Conditioning Specialist (CSCS) exam by the 7th week of the semester in which they are enrolled in KINE 490 Kinesiology Internship III (Mason Core). All exam registration fees are the responsibility of the student. Scores must be reported to the KINE Internship Coordinator before students can receive credit for KINE 490 Kinesiology Internship III (Mason Core).

#### GPA and Grading

Students are required to maintain a minimum cumulative GPA of 2.5 each semester and to receive a grade of C or better in all major coursework (BIOL 124 Human Anatomy and Physiology, BIOL 125 Human Anatomy and Physiology, STAT 250 Introductory Statistics I (Mason Core), as well as all Professional Sequence courses). Failure to do so will result in probation or termination from the KINE program. The Kinesiology Academic Advisor is available to assist KINE students with course registration and academic plans. It is expected that KINE students will meet with their Academic Advisor each semester that they are enrolled at GMU.

## Requirements

### Degree Requirements

Total credits: 120

### Mason Core

Written Communication	6
Oral Communication	3
Information Technology	3
Quantitative Reasoning:	
STAT 250 Introductory Statistics I (Mason Core)	3
Literature	3
Arts	3
Western Civilization/World History	3
Social and Behavioral Sciences	3
Global Understanding	3
Natural Science:	
BIOL 124 Human Anatomy and Physiology	4
BIOL 125 Human Anatomy and Physiology	4
Synthesis/Capstone <sup>1</sup>	
<b>Total Credits</b>	<b>38</b>

<sup>1</sup> Fulfilled by KINE 490 Kinesiology Internship III (Mason Core), listed in professional sequence below.

### Professional Sequence

ATEP 120 First Aid and Emergency Care	2
ATEP 300 Functional Anatomy	3
HEAL 110 Personal Health	3
KINE 100 Introduction to Kinesiology	3
KINE 200 Introduction to Personal Training	3
KINE 310 Exercise Physiology I	3
KINE 320 Principles of Human Nutrition	3
KINE 330 Seminar in Kinesiology	3
KINE 341 Kinesiology Internship I	3
KINE 350 Exercise Prescription and Programming	3
KINE 360 Strength Training: Concepts and Applications	3
KINE 370 Exercise Testing and Evaluation	3
KINE 380 Exercise Prescription and Programming for Special Populations	3
KINE 400 Biomechanics	3
KINE 410 Exercise Physiology II	3
KINE 420 Sport and Exercise Nutrition	3
KINE 441 Kinesiology Internship II	3
KINE 450 Research Methods (fulfills writing intensive requirement)	3
KINE 490 Kinesiology Internship III (Mason Core)	12
SPMT 320 Psychology of Sport	3
<b>Total Credits</b>	<b>68</b>

### Electives

Select an additional 14 credits from any courses in the university catalog. 14

## Electives

Total Credits

14

## Special Requirements

### Fees and Expenses

All KINE courses have a per credit fee of \$15. Fees cover the following:

- laboratory supplies and equipment
- clinical supplies
- internship attire

### Technical Standards

This degree is academically-rigorous with a significant experiential learning component, which places specific demands and requirements on its students. After admission into the KINE program, students must submit a technical standards certification statement indicating that they have read, understand, and can meet the technical standards for KINE students, either with or without accommodation. These standards outline the essential functional tasks that students must be able to perform to enroll in and complete the program. Students requiring special accommodations are encouraged to contact the Office of Disability Services (<http://ds.gmu.edu>).

### Health Examinations and Certifications

KINE students are required to obtain a health examination and immunizations before beginning the internship phase of the program. Evidence of completion of the three hepatitis B immunizations and proof of tuberculosis screening in accordance with current U.S. Public Health Service recommendations must be provided. Costs associated with said screenings are to be assumed by the KINE student. Those who choose not to complete hepatitis B immunizations will be required to sign a declination waiver. All students must have Emergency Cardiac Care (CPR, AED) and First Aid certifications before entering their first internship experience and must maintain these certifications through the remainder of the KINE degree program.

### Background Check

Students may be required to undergo a criminal background check prior to the first internship experience. Students must assume the risk that classes may be deferred and their program delayed due to the individual severity of notations on such a check and review by individual agencies. Students are encouraged to disclose any criminal background incidences to the KINE Program Coordinator prior to internship placement.