

# KINESIOLOGY, BS

**Banner Code:** E1-BS-KNES

## Academic Advising

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The Kinesiology (KINE) undergraduate program at George Mason University is a demanding, science-based degree designed to prepare students with strong scientific knowledge in health, wellness, and performance across the lifespan. Kinesiology faculty provide students with a multidisciplinary, evidence-based approach to the study of human movement utilizing classroom, laboratory, and experiential learning environments. Two concentrations are offered: Strength and Conditioning and Allied Health Sciences.

The curriculum and learning environment prepare students for advanced professional or graduate study and to excel in careers post-graduation. Students obtain jobs in a variety of careers in the health and wellness industry, such as clinical exercise, corporate fitness, athletic training, personal training, strength and conditioning, sport science, sport and exercise nutrition, wellness/fitness management, sports chiropractic, medical, occupational therapy, and physical therapy.

The BS in Kinesiology is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP: American College of Sports Medicine sponsored) and holds national program recognition status from the National Strength and Conditioning Association (NSCA-ERP).

## Admissions & Policies

### Policies

For policies governing all undergraduate degrees, see AP.5 Undergraduate Policies. Students should also review Mason Core requirements.

### Degree Requirements

Kinesiology 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 Professional Sequence courses as well as STAT 250 Introductory Statistics I (Mason Core) (<http://catalog.gmu.edu/mason-core/>) or EDRS 220 Introduction to Applied Quantitative Analysis (Mason Core) (<http://catalog.gmu.edu/mason-core/>). Failure to do so will result in probation or termination from the Kinesiology program. (See AP.5.2.3 (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/>) Termination from the Concentration or Major (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/>)). The Kinesiology Academic Advisors are available to assist Kinesiology students with course registration and academic plans. All students are encouraged to meet with their Academic Advisor each semester they are enrolled at Mason.

### Concentration Requirements

Students in the Allied Health Sciences and Strength and Conditioning concentrations must maintain at least a cumulative GPA of 3.0 and earn a C or better in their Professional Sequence and concentration coursework. Failure to do so will result in termination from the concentration. (See AP.5.2.3 (<http://catalog.gmu.edu/policies/academic/>

<http://catalog.gmu.edu/policies/academic/undergraduate-policies/>)) Termination from the Concentration or Major (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/>)).

### Practicum/Internship Requirements

All students completing a Bachelor of Science in Kinesiology degree are required to complete 3- credit practicum during their junior year and a 6-to 12- credit capstone internship during their graduating semester. Students must have earned 90 credit hours and met the specific prerequisites to be eligible for the internship (KINE 490 Kinesiology Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>)).

The practicum and internship are structured and supervised work experiences that may be paid or voluntary. Arrangement and cost of transportation to and from practicum/internship settings is the full responsibility of all Kinesiology students. Approved sites are expected to provide an environment in which students can foster their development as research-savvy practitioners, hone and demonstrate skills, and transition into chosen careers through guided experiential learning.

Students in the Strength and Conditioning concentration are required to complete a minimum of 570 internship hours (12 credits of KINE 490 Kinesiology Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>)) in two substantially different experiences (e.g., sport, gender, age range, or other). Contact the Internship Coordinator for additional requirements.

## Requirements

### Degree Requirements

Total credits: 120

#### Mason Core

Code	Title	Credits
Foundation Requirements:		
Written Communication ( <a href="http://catalog.gmu.edu/mason-core/#written">http://catalog.gmu.edu/mason-core/#written</a> )		3
ENGH 101	Composition (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
Oral Communication ( <a href="http://catalog.gmu.edu/mason-core/#oral">http://catalog.gmu.edu/mason-core/#oral</a> )		3
Information Technology and Computing ( <a href="http://catalog.gmu.edu/mason-core/#information-technology">http://catalog.gmu.edu/mason-core/#information-technology</a> )		3
Quantitative Reasoning ( <a href="http://catalog.gmu.edu/mason-core/#quantitative">http://catalog.gmu.edu/mason-core/#quantitative</a> )		3
STAT 250	Introductory Statistics I (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
or EDRS 220	Introduction to Applied Quantitative Analysis (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
Exploration Requirements:		
Arts ( <a href="http://catalog.gmu.edu/mason-core/#arts">http://catalog.gmu.edu/mason-core/#arts</a> )		3
Global Understanding ( <a href="http://catalog.gmu.edu/mason-core/#global">http://catalog.gmu.edu/mason-core/#global</a> )		3
Literature ( <a href="http://catalog.gmu.edu/mason-core/#literature">http://catalog.gmu.edu/mason-core/#literature</a> )		3
Natural Science ( <a href="http://catalog.gmu.edu/mason-core/#natural-science">http://catalog.gmu.edu/mason-core/#natural-science</a> ) <sup>1</sup>		

Social and Behavioral Sciences ( <a href="http://catalog.gmu.edu/mason-core/#social-behavioral-science">http://catalog.gmu.edu/mason-core/#social-behavioral-science</a> )	3
Global History ( <a href="http://catalog.gmu.edu/mason-core/#global-history">http://catalog.gmu.edu/mason-core/#global-history</a> )	3
Integration Requirement:	
Written Communication ( <a href="http://catalog.gmu.edu/mason-core/#written">http://catalog.gmu.edu/mason-core/#written</a> )	3
ENGH 302      Advanced Composition (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
Writing Intensive <sup>2</sup>	
Synthesis/Capstone <sup>3</sup>	
<b>Total Credits</b>	<b>30</b>

1

Met by BIOL 124 Human Anatomy and Physiology I and BIOL 125 Human Anatomy and Physiology II, program requirements.

2

Met by KINE 450 Research Methods (Mason Core) (<http://catalog.gmu.edu/mason-core/>), a program requirement.

3

Met by KINE 490 Kinesiology Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>), a program requirement.

## Professional Sequence

Code	Title	Credits
ATEP 120	First Aid and Emergency Care	2
ATEP 300	Functional Anatomy	3
BIOL 124	Human Anatomy and Physiology I	4
BIOL 125	Human Anatomy and Physiology II	4
KINE 100	Introduction to Kinesiology	3
KINE 200	Methods of Exercise Instruction	3
KINE 260	Behavior Modification for Physical Activity	3
KINE 295	Principles of Human Nutrition	3
KINE 310	Exercise Physiology I	3
KINE 340	Exercise Testing and Evaluation	3
KINE 341	Kinesiology Practicum	3
KINE 350	Exercise Prescription and Programming	3
KINE 355	Introduction to Biomechanics	3
KINE 404	Motor Control Theory and Application	3
KINE 450	Research Methods (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> ) (fulfills writing intensive requirement)	3
<b>Total Credits</b>		<b>46</b>

## BS in Kinesiology without Concentration

Students are encouraged to pursue a minor and/or concentration.

Students who do not select an optional concentration must complete the professional sequence and select at least 38 additional credits from any of the courses in the university catalog.

Code	Title	Credits
KINE 490	Kinesiology Internship (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	6-12
<b>Total Credits</b>		<b>6-12</b>

## Electives

Code	Title	Credits
	Select an additional 32-38 credits from any of the courses in the university catalog.	32-38
	Electives ( <a href="http://catalog.gmu.edu/courses/">http://catalog.gmu.edu/courses/</a> )	
<b>Total Credits</b>		<b>32-38</b>

Note: Students are encouraged to complete BIOL 103 and BIOL 105 as electives before taking BIOL 124

## Concentration in Allied Health Sciences (AHS)

This concentration prepares students with the prerequisite knowledge and skills needed to advance to graduate programs in pursuit of becoming an allied health professional, such as an athletic trainer, physical therapist, occupational therapist, sports medicine physician, or sports chiropractor.

Code	Title	Credits
ATEP 201	Medical and Scientific Terminology	3
BIOL 103	Introductory Biology II-Survey of Cell and Molecular Biology (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
BIOL 105	Introductory Biology II Laboratory (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	1
KINE 410	Exercise Physiology II	3
KINE 490	Kinesiology Internship (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	6-12
PSYC 100	Introduction to Psychology (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> ) <sup>1</sup>	3
PSYC 211	Lifespan Development (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
PHYS 243	College Physics I (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
PHYS 244	College Physics I Lab (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	1
	Choose one ATEP or KINE course at the 300 level or higher ( <a href="http://catalog.gmu.edu/courses/">http://catalog.gmu.edu/courses/</a> )	3
<b>Total Credits</b>		<b>29-35</b>

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If PSYC 100 fulfills a Mason Core requirement, students may need to complete an additional 3 credits of electives.

## Electives

Code	Title	Credits
	Select an additional 9-15 credits from any of the courses in the university catalog.	
	Electives ( <a href="http://catalog.gmu.edu/courses/">http://catalog.gmu.edu/courses/</a> )	9-15
<b>Total Credits</b>		<b>9-15</b>

Note: Students are highly encouraged to review the prerequisite courses required by their desired graduate program(s) and use their electives to meet any additional program requirements. At least 6 elective credits must be at the 300 and 400 level.

## Concentration in Strength and Conditioning (STCN)

This concentration prepares students with the requisite knowledge and skills needed to become Certified Strength and Conditioning Specialists

(CSCS). This certification is a requirement for many positions in personal training, strength and conditioning coaching, sport science, fitness, and player development.

Code	Title	Credits
KINE 250	Endurance Sport Program Design	3
KINE 360	Strength Training: Concepts and Applications	3
KINE 361	Advanced Resistance Training Techniques	3
KINE 405	Health and Fitness Facility Administration and Management	3
KINE 409	Strength and Conditioning	3
KINE 420	Sport and Exercise Nutrition	3
KINE 490	Kinesiology Internship (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	12
SPMT 320	Psychology of Sport	3
Total Credits		33

### Electives

Code	Title	Credits
Select an additional 11 credits from any of the courses in the university catalog.		
Electives ( <a href="http://catalog.gmu.edu/courses/">http://catalog.gmu.edu/courses/</a> )		11
Total Credits		11

Note: Students are encouraged to complete BIOL 103 and BIOL 105 as electives before taking BIOL 124

## Special Requirements

### Technical Standards

The standards set forth by the Bachelor of Science in Kinesiology program establish the essential qualities considered necessary for students in this program to achieve the knowledge, skills, and competencies needed in Kinesiology-related professions, as well as meet the expectations of the program's accrediting agency (Commission on Accreditation of Allied Health Education Programs).

This degree is academically-rigorous with a significant experiential learning component, which places specific demands and requirements on its students. After admission into the Kinesiology degree, students must submit a technical standards certification statement indicating that they have read, understand, and can meet the technical standards for Kinesiology 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 Disability Services (<http://ds.gmu.edu/>).

### Certifications

All Kinesiology students must have Emergency Cardiac Care (CPR, AED Certification at the level of a Healthcare Professional (e.g. American Heart Association's Basic Life Support for Healthcare Professionals) and First Aid certifications before entering their first practicum experience (KINE 341 Kinesiology Practicum ) and must maintain these certifications through the remainder of the Kinesiology degree program. The initial certification and all re-certifications must include successful completion

of hands-on, practical skills, not just completion of online lessons/training.

All Kinesiology students will complete blood-borne pathogens and infectious disease exposure training in the practicum and internship courses. Some practicum/internship sites require proof of current immunizations and may require students to obtain additional immunizations and health screenings not required by George Mason University. Costs associated with said immunizations and health screenings are to be assumed by the Kinesiology student.

## 4-Year Plan

### Bachelor of Science in Kinesiology Sample Plan of Study

The sample plan below is a recommended sequencing of courses based on pre-requisites and scheduling. This may not fit every student's needs and is a guideline, not a requirement. Students should confirm major requirements with their academic advisor and with PatriotWeb Degree Evaluation to ensure they enroll in the proper courses and are on track to graduate.

(To be supplemented by Mason Core and Electives)

### BS in Kinesiology without Concentration

#### First Year

Fall Semester	Credits	Spring Semester	Credits
KINE 100		3 BIOL 124	4
Mason Core/ Electives	13	KINE 200	3
		Mason Core/ Electives	9
		16	16

#### Second Year

Fall Semester	Credits	Spring Semester	Credits
BIOL 125		4 KINE 295	3
ATEP 300		3 KINE 310	3
KINE 260		3 KINE 340	3
Mason Core/ Electives	6	Mason Core/ Electives	6
		16	15

#### Third Year

Fall Semester	Credits	Spring Semester	Credits
KINE 350		3 KINE 341	3
KINE 355		3 STAT 250 or EDRS 220	3
ATEP 120		2 Mason Core/ Electives	9
ENGH 302		3	
Mason Core/ Electives	3		
		14	15

**Fourth Year**

Fall Semester	Credits	Spring Semester	Credits
KINE 404		3 KINE 490	6
KINE 450		3 Mason Core/ Electives (may vary based on internship credits)	7
Mason Core/ Electives		9	
		15	13

Total Credits 120

**Fourth Year**

Fall Semester	Credits	Spring Semester	Credits
KINE 404		3 KINE 490	6
KINE 450		3 Mason Core/ Electives (may vary based on internship credits)	6
Mason Core/ Electives		9	
		15	12

Total Credits 120

**Concentration in Allied Health Sciences****First Year**

Fall Semester	Credits	Spring Semester	Credits
KINE 100		3 BIOL 124	4
PSYC 100		3 KINE 200	3
BIOL 103		3 PSYC 211	3
BIOL 105		1 Mason Core/ Electives	6
Mason Core/ Electives		6	
		16	16

**Second Year**

Fall Semester	Credits	Spring Semester	Credits
BIOL 125		4 ATEP 201	3
ATEP 300		3 KINE 295	3
KINE 260		3 KINE 310	3
Mason Core/ Electives		6 KINE 340	3
		Mason Core/ Electives	3
		16	15

**Third Year**

Fall Semester	Credits	Spring Semester	Credits
ATEP 120		2 KINE 341	3
ENGH 302		3 PHYS 243	3
KINE 350		3 PHYS 244	1
KINE 355		3 One ATEP or KINE 300 level or higher	3
KINE 410		3 STAT 250 or EDRS 220	3
		Mason Core/ Electives	3
		14	16

**Concentration in Strength and Conditioning****First Year**

Fall Semester	Credits	Spring Semester	Credits
KINE 100		3 BIOL 124	4
Mason Core/ Electives		13 KINE 200	3
		Mason Core/ Electives	9
		16	16

**Second Year**

Fall Semester	Credits	Spring Semester	Credits
BIOL 125		4 KINE 250	3
ATEP 300		3 KINE 295	3
KINE 260		3 KINE 310	3
Mason Core/ Electives		6 KINE 340	3
		Mason Core/ Electives	3
		16	15

**Third Year**

Fall Semester	Credits	Spring Semester	Credits
ATEP 120		2 KINE 341	3
ENGH 302		3 KINE 361	3
KINE 350		3 KINE 420	3
KINE 355		3 STAT 250 or EDRS 220	3
KINE 360		3 Mason Core/ Electives	3
		14	15

**Fourth Year**

Fall Semester	Credits	Spring Semester	Credits
KINE 404		3 KINE 405	3
KINE 409		3 KINE 490	12
KINE 450		3	
SPMT 320		3	

Mason Core/ Electives	1	
	13	15

Total Credits 120

Detailed four year plans and degree planning checklists can be found at <https://advising.gmu.edu/academic-planning/>.