

Department of Kinesiology

Kinesiology is the study of human movement in all forms. Students who obtain a bachelor's degree in kinesiology can pursue many careers or graduate degree programs related to allied health and kinesiology.

Exercise Science (ES) Concentration

Prepares students for a variety of careers related to physical activity, such as personal training, athletic training programs, strength and conditioning, and exercise physiologist.

Our ES students pursue careers in:

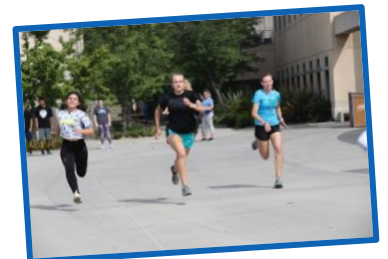
- Personal Training
- Athletic Training
- Exercise Physiology
- Strength and Conditioning
- Cardiac Rehab

Our ES alumni find employment at:

- Recreation and Wellness Centers
- Hospitals
- Fitness Facilities
- Universities

Our ES alumni attend graduate school at:

- California State University, Fullerton
- Auburn University
- Cal Baptist University
- Cal Poly Pomona



Resources

If you are interested in majoring in kinesiology, career exploration with a Kinesiology Department faculty member may be helpful.

Advising

- Faculty advisors
- Academic Success and Undergraduate Advising (ASUA)

Research Experience and Internships

- Biomechanics Lab
- Hemodynamic Lab
- Human Performance Lab
- Motor Behavior Lab
- Pedagogy Lab
- Sports Psychology Lab
- Cardiometabolic Lab
- Fitness Assessment Lab

Professional Organizations

- American College of Sports Medicine
- American Kinesiology Association
- North American Society for the Psychology of Sport and Physical Activity
- National Strength and Conditioning Association

CSUSB Student Organizations

- Kinesiology Student Association
- Exercise is Medicine® On Campus

Alumni Spotlight: Monder Taleb

Where is he now?

Monder is currently working as an Exercise Physiologist at Eisenhower Health, where his focus is to help Cardiac/Pulmonary patients improve their functional capacity.

Experience at CSUSB:

“CSUSB offered me a variety of classes which made the overall learning experience great. In addition to that, all the professors in the kinesiology major were experts in their fields and delivered the materials with great passion.”

Words of Encouragement:

“If it comes easy, it will go away fast” - Andrea Sawyer

