The Gerokinesiology (GK) advising track provides students with the background knowledge and skills necessary to develop and teach a variety of fitness and mobility enhancement classes and/or personalized training/rehabilitation programs for older adults. This advising track also prepares students for advanced study in related allied health professions, and meets international curriculum recommendations for preparing physical activity instructors of older adults.

**Required Courses (15 units)**

Prerequisite courses are listed in italics

- KNES 352 Principles of Teaching Group Fitness (3)

- HESC 450 Applied Health Promotion in Aging Populations
  - KNES 202, HESC 220 or graduate standing.

- KNES 454 Physical Dimensions of Aging (3)
  - Minimum 6 upper-division KNES units completed or 6 units from Gerontology minor. Graduate or upper division standing.

- KNES 455 Functional Performance Assessment
  - KNES 349 and KNES 353 or KNES 371 or KNES 454. Graduate or upper division standing.

- KNES 495 Internship in KNES (3)
  - Minimum of 12 upper-division KNES units completed, faculty sponsor, field supervisor, fieldwork coordinator and Dept chair consent.

**Elective Courses (select 6 units)**

- KNES 351 Principles of Strength & Conditioning (3)
  - KNES 348. KNES 300 recommended. Upper division standing.

- KNES 354 Cardiovascular Exercise Testing
  - KNES 348 and KNES 348L. KNES 351 recommended. Upper division standing.

- KNES 363 Adapted Physical Education (3)
  - KNES 348. Upper division standing.

- KNES 364 Motor Development (3)
  - KNES 260. Upper division standing.

- KNES 375 Management of Sport/Exercise Emergencies (3)
  - KNES 202 prerequisite or corequisite. Upper division standing.

- KNES 377 Therapeutic Exercise (3)
  - KNES 202 prerequisite or corequisite. Upper division standing.

- KNES 378 Therapeutic Modalities in Rehabilitation (3)
  - KNES 202 prerequisite or corequisite. Upper division standing.

- KNES 432 Applied Exercise Psychology (3)
  - KNES 383. Graduate or upper division standing.

- KNES 451 Sports Medicine (3)
  - KNES 348 and KNES 348L. Graduate or upper division standing.

- KNES 457 Practice of Personal Training (3)
  - KNES 351 and KNES 334. Graduate or upper division standing.

- KNES 463 Biomechanics of Musculoskeletal Injury (3)
  - KNES 300. Graduate or upper division standing.

- KNES 470 Nutrition for Exercise & Performance (3)
  - KNES 348. Graduate or upper division standing.

- KNES 471 Motor Control and Movement Dysfunction (3)
  - KNES 371. Graduate or upper division standing.

- HESC 440 Determinants of Health Behavior (3)
  - KNES 202 or HESC 220. Upper division standing.

- HESC 450 Applied Health Promotion in Aging Populations (3)
  - HESC 220 or graduate standing.

- PSYC 362 Psychology of Aging (3)
  - PSYC 101. May count as GE category D1 (old GE Category IIIC1).

**Gerokinesiology Advisors**

Dr. Debra Rose
Jeana Miller, MS

*Spring 2011*