



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.

Health Promotion (HP) Concentration

The Health Promotion (HP) concentration is for people interested in a broad spectrum of health-related careers with the goal to help others improve their overall health and well-being.

Our HP students pursue careers in:

- Health Education and Promotion
- School-based health
- Workplace Wellness
- Community Health
- Health Consulting

Our HP alumni find employment at:

- Employee Wellness Centers
- Hospitals
- Fitness Facilities
- Universities

Our HP alumni attend graduate school at:

- CSUSB- Public Health
- California State University, Fullerton
- Cal Baptist University
- Loma Linda University



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: Elizabeth Gutierrez

Where is she now?

Elizabeth is currently working as a Health Educator for the Student Health Center at CSUSB, specializing in physical activity, nutrition, reproductive health, and suicide prevention.

Experience at CSUSB:

"My journey at CSUSB was a priceless blend of experience and mentorship. It wasn't just about understanding the subject matter; it was about comprehending how to support the entire individual. Engaging in impactful research alongside dedicated faculty members was a game-changer, broadening my perspectives. CSUSB didn't just educate me; it connected me to internships that became pivotal in shaping my career. This experience was more than an education—it was the catalyst for my personal and professional growth, and I'm grateful for the invaluable lessons and connections it bestowed upon me."

Words of Encouragement:

You are capable of more than you realize. Embrace challenges as opportunities and remember that growth often happens outside your comfort zone. Believe in your potential, stay resilient, and take pride in your journey. Remember the words of Jana Stanfield: "You cannot do all the good the world needs, but the world needs all the good you can do." Your efforts, no matter how small, contribute to a better world. Seize every opportunity to make a positive impact and know that the world benefits from the good you bring.



SCAN ME