



SONOMA STATE UNIVERSITY

Kinesiology

Explore Your Kinesiology Career at SSU!



Sonoma State Experience Awaits

Join the Kinesiology Department at Sonoma State! We offer a supportive environment with small classes, dedicated faculty, and proactive advising. Our students thrive through engaging research opportunities and valuable field experiences.

As a Kinesiology, BS graduate, you'll be ready for:

- Pre-professional training in health fields
- Graduate studies in exercise science and more
- Careers in fitness, sports, teaching, and coaching

Start your journey with us today!



Join the Kinesiology Department at Sonoma State University!

At Sonoma State, our Kinesiology Department offers a supportive environment tailored for your success. Enjoy a well-structured curriculum, small class sizes, and dedicated faculty who prioritize your growth. Benefit from personalized advising, research opportunities, and valuable field experiences. Join us and take the next step in your Kinesiology journey—your future starts here!

Choose your career path that fits you!

- Exercise Science
- Physical Therapy
- Allied Health Careers
- Interdisciplinary Studies
- Occupational Therapy
- Lifetime Physical Activity
- Strength and Conditioning Specialist
- Certified Personal Trainer
- Health Fitness Instructor
- Exercise Specialist
- Coach

The major to shape your future!

Major

- Kinesiology, BS

Concentration

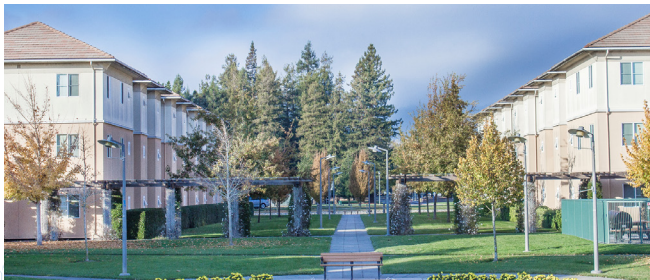
- Exercise Science Concentration
- Interdisciplinary Concentration
- Lifetime Physical Activity Concentration



Unlock Your Future with Sonoma State Scholarships

At Sonoma State University (SSU), we believe in fueling your academic dreams! Our scholarships celebrate your achievements in academics, leadership, and community service. Take the first step towards your future by completing the FAFSA and our online application.

Funded by SSU, the Foundation, and our generous donors, these scholarships are designed to empower you. Don't miss out on this opportunity — visit our website or reach out to financial aid today for more information. Your future starts here!



Not Your Average Dorm!

First and most important, it's not a dorm. At SSU you will find a one of a kind apartment and suite style living rooms that fit your needs. Come and live the sweet life at SSU! Our spacious suite-style and apartment-style options offer you your own room and bathroom, fostering comfort and privacy. Enjoy countless opportunities for social interaction, academic growth, and community engagement in a welcoming and inclusive environment.

At SSU, we cater to diverse needs and preferences, ensuring every student feels at home. Join us and discover a community that truly cares about YOU!



SCAN THE CODE
TO DIVE IN AND
GET INSPIRED!



Explore Our Community Impact Initiatives

Make a difference with the Kinesiology Department at Sonoma State! Join SHIP internships with local high school students, contribute to the 3-WINS health program, or assist with health testing for low-income families. Get involved in the Cycle Without Limits program for children with special needs and other outreach initiatives. Enhance your learning while experiencing the impact of service. Join us and start making a positive change today!



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“Sonoma State University is a great option for students already living around the surrounding areas who want to further their education. I like being close to home and my family.”

– Student, Alison Pizarro –



Choose Your Path in Kinesiology!

As a student in our Kinesiology program, you'll have the exciting opportunity to select a Concentration that aligns with your passions: Exercise Science, Interdisciplinary / Pre-Occupational Therapy, or Lifetime Physical Activity. Each concentration offers specialized courses tailored to various allied health careers, providing you with both theoretical knowledge and practical learning experiences.

Get ready to dive deep into your chosen field and gain the skills you need for a successful career. Join us and embark on a rewarding journey that prepares you for a future in health and wellness! Your adventure in Kinesiology starts here!

KINESIOLOGY

Dept. Office: PE 14

Phone: 707.664.2357 Email: kinesiology@sonoma.edu

Department Chair: Dr. Lauren Morimoto

I'm ready to engage!



SONOMA STATE UNIVERSITY