

KINESIOLOGY
CHANGE OF MAJOR PROCEDURE & APPLICATION WORKSHEET
Application Deadline: Friday of the Fifth Week of the Quarter

General Guidelines:

- Students must complete at least one quarter at Cal Poly before entering into an Individualized Change of Major Agreement (ICMA).
- Review Cal Poly's [General Change of Major Policy](#) in full.
- Students are allowed 1 ICMA per major. Students who do not meet the conditions of their ICMA will **not** be issued another ICMA for that major.
- Students must be able to graduate in a timely manner. A realistic quarter-by-quarter graduation plan may be required to demonstrate whether this is feasible.

Additional Guidelines Specific to Kinesiology:

- ***To apply to change your major to Kinesiology you must have an overall Cal Poly GPA of at least 2.5 or a GPA of 2.5 in last two quarters.***
- Submit your completed application to the Kinesiology & Public Health Department Office (43A-458) via email at kinesiology@calpoly.edu **by the Friday of the fifth week of the quarter at 4pm.**
- Kinesiology is impacted and may limit the number of change of major students.
- **Students who apply by the deadline will be notified by the end of the sixth week of the quarter if they will or will not be put on an ICMA to change their major. Students who are not put on an ICMA will be able to apply at a later time.**

If you have questions or need more information:

- ***If you have questions*** about the Kinesiology program, the change of major process, or to determine if the Kinesiology major is the better "fit" as your major, the department will schedule Q and A meetings with Dr. Kris Jankovitz, Department Chair in Kinesiology & Public Health via Zoom **during weeks three, four or five of the quarter.** (Call 805-242-3118 or email kinesiology@calpoly.edu to find out the schedule.)

Terms of the Change of Major Contract:

- If selected to be placed on an ICMA contract, the Kinesiology & Public Health Department Chair will work with each *individual* student to:
 - establish a term GPA requirement for each quarter of the ICMA. The minimum term GPA expectations may range from 2.50 to 3.0, and a GPA of 2.75 to 3.0 in the target courses specified on the ICMA.
 - determine what, if any, course requirements are needed for each quarter of any ICMA.
 - Students will receive confirmation of their selection for a change of major contract by email. The email will include information about the plans for the contract and the proposed terms before making it official.

Application Process

Step 1: Complete the Change of Major Inquiry Form

- Complete the Change of Major Inquiry Form through your Cal Poly Portal
 - Instructions found here: <https://advising.calpoly.edu/change-major>
- You will receive an email response from the Change of Major Coordinator within **10 business days** with details regarding next steps.

Step 2: Research

- Students are expected to research their options and make a well-informed decision before entering into an ICMA. Choose two of the following research opportunities:
 - Carefully review the [Change of Major Policy](#)
 - Attend a Change of Major Workshop (<http://success.calpoly.edu/workshop-schedules>)
 - Meet with a Career Counselor (<http://careerservices.calpoly.edu/our-story/our-team>)
 - Meet with an academic advisor in your current major/college. (<http://advising.calpoly.edu/advising-centers>)
 - Meet with an advisor in the Mustang Success Center.
 - Career Services Career Exploration Online tools: <http://careerservices.calpoly.edu/explore-services/resource-toolkit/explore-majors>

Step 3: Complete the Change of Major Application Worksheet

Change of Major to Kinesiology Application Worksheet (type in the information)

Date:

Name:

Cal Poly Email Address:

EMPLID:

Current Major:

What catalog year are you on:

Class Standing/Year:

Cal Poly GPA:

To Do:

- A. Did you attend or are you scheduled to attend a Change of Major Workshop in the Mustang Success Center (MSC) or meet with an Advisor in the MSC to discuss the process of changing your major at Cal Poly?

_____ Yes

_____ No

B. Do some research. Complete at least three of the choices listed here and check the box for those you completed.

Complete at least three of the five choices listed on this page.

Career Services: Meet with the Career Counselor for the Kinesiology major to help you determine how your skills/interests would fit into a career path. Call Career Services at (805) 756-2501 for an appointment.

Kinesiology & Public Health Website: Take a tour of the Kinesiology & Public Health Department website. <https://kinesiology.calpoly.edu/>

Kinesiology Professional Websites: Visit these Kinesiology professional websites, and research others as well. Please discuss what you learned and the impact of it on your decision below.

<http://www.americankinesiology.org/>

<http://www.acsm.org/>

<https://www.asep.org/>

<http://www.nakhe.org/>

<https://www.apha.org/>

<http://www.sophe.org/>

Web research: Graduate Survey Status Report and Alumni Profiles: Visit the website: www.careerservices.calpoly.edu. Select “Student Quick Links” bottom left of page, and then click “Alumni Career Profiles.” Check out the Kinesiology and Health Professions Alumni Profiles, and then go back and click on the Graduate Status report, which lists employers, job titles, and salary information of recent Cal Poly graduates divided by major. Look for job titles that interest you.

Cal Poly Catalog: Go to www.catalog.calpoly.edu and read through the course descriptions for the Kinesiology major. See which classes interest you the most.

C. Answer the following questions. Please limit your responses to no more than 300 words per question.

1. What is your current major, why did you select it and why do you think it is not the right major for you? What did you learn about your current major when you spoke with an advisor from your program?

2. Why are you seeking to change your major to Kinesiology at this time and why do you think it is a better fit for you? How confident are you that changing your major to Kinesiology is the right decision?

3. Review the curriculum sheet for the BS in Kinesiology at: <http://flowcharts.calpoly.edu/mymap.php>. How many units have you already completed that would apply to the Kinesiology degree (include GE, major, support and concentration courses)?

4. Do you know what concentration in the Kinesiology degree program you're thinking of pursuing? Why? If not sure, why?

5. What are you considering as a career path? (It's okay to list more than one thing or say you're not sure). What is involved in becoming qualified for that?

6. Read through the course descriptions in the Kinesiology major on catalog.calpoly.edu. Name at least three classes that sound most interesting to you and why?

7. If you are unable to change your major to Kinesiology, what is your backup plan to reach your goals (be specific)?

Print out a copy of your Poly Profile (unofficial transcript) and attach it to this application.