



**ACADEMIC SENATE
Executive Committee
REFERRAL FORM**

CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA

Date:	1/21/2026
To:	General Education Committee
From:	Academic Senate Executive Committee
Subject:	Academic Senate Referral
Classification	GE-033-256
Title of Referral:	<u>KIN 3020 – Science Driven Fitness (New GE 5D)</u>
Background:	See attached referral request form. Additional background provided by the Executive Committee: New course proposed for GE Area 5D.
Recommended resources:	See attached referral request form and supporting documentation. Additional resources recommended by the Executive Committee: None. For the Committee's Report on this referral, please list in separate sections, the resources recommended, and resources actually consulted. If a resource was not consulted, briefly state why.
Review and recommend:	Review and recommend as appropriate.
Date required for presenting committee report to the Executive Committee:	3/3/2026

Your Name: Ashley Ly

Your Email: atly@cpp.edu

Title of Referral: KIN 3020 – Science Driven Fitness (New GE 5D)

Names and Titles of proponents:

Keywords: KIN, 3020, Science, Driven, Fitness, New, GE, 5D

Is there a deadline for when this referral needs to be considered by the Academic Senate?

Deadline Date: No

Justification for deadline:

BACKGROUND:

Examine the principles and application of evidence-based practices in the design and implementation of goal- and population-specific exercise programs. Apply scientific evidence to develop practical exercise programming strategies for diverse populations including general, athletic, and clinical populations. Topics include fitness needs analysis and exercise program modifications, monitoring, and adaptations across the lifespan and for special populations.