BACHELOR OF SCIENCE IN KINESIOLOGY
CONCENTRATION IN PHYSICAL EDUCATION
Effective Fall 1996
Revised Spring 2015

The BS Degree in Kinesiology with a Concentration in Physical Education prepares students for entry into a teaching credential program. This course of study satisfies State requirements for the Subject Matter Program in Physical Education and for departmental standards of competence in the subject matter of Physical Education.

PRE-REQUISITES & CORE REQUIREMENTS (25-28 UNITS)

Pre-Requisites (13-15 Units)

- BIOL 100 Human Biology [GE] \(^2\) (3)
- BIOL 230 Introduction to Biology I \(^36\) (3)
- BIOL 328 Human Anatomy \(^3\) (4)

OR

- BIOL 220 Fundamentals of Human Anatomy \(^37\) (3)
- MATH 124 Elementary Statistics [GE] \(^2,4\) (3)
- KIN 250 Introduction to Kinesiology \(^5\) (3)

Core Requirements (19 Units)

- KIN 457 Culture, Gender, and Movement \(^7\) (3)
- KIN 480 Anatomical Kinesiology \(^8\) (4)
- KIN 486 Motor Learning \(^9\) (3)
- KIN 504 Sport and Exercise Psychology \(^10\) (3)
- KIN 330 Becoming a Kinesiologist- GWAR \(^6\) (3)
- KIN 384 Research Methods \(^17\) (3)

FOUNDATION REQUIREMENTS (27 UNITS)

- KIN 255 Health-Related Fitness and Wellness \(^11\) (3)
- KIN 340 Orientation to Teaching in Physical Education \(^12\) (3)
- KIN 355 Science, Sport and Fitness \(^13\) (3)
- KIN 401 Elementary School Physical Education, K-5 \(^14\) (3)
- KIN 402 Practicum in Physical Education, N-5 \(^15\) (1)
- KIN 487 Motor Development [GE] \(^16\) (3)
- KIN 489 History and Philosophy of Physical Activity \(^18\) (3)
- KIN 536 Movement for Individuals with Disability \(^33\) (4)
- KIN 580 Instructional Strategies for Middle and High School Physical Education, Grades 6-12 \(^19\) (3)
• KIN 581 Practicum in Middle and High School Physical Education\(^{20}\) (1)
• KIN 384 Research in Kinesiology\(^{17}\) (3)

MOVEMENT EXPERIENCES (7 UNITS)

With prior approval of advisor following consultation, select seven basic activity courses (with a minimum of 1 unit each) to satisfy each of the five areas shown below. Selections should broaden the student's personal movement and skill vocabulary. Students majoring in the Bachelor of Science Degree, Concentration in Physical Education must complete each course selected with a letter grade of "B" or higher.

- Aquatics
- Dance (which must be folk dance)
- Fitness
- Martial Arts
- Team Sports

INSTRUCTIONAL ANALYSIS (2)

• KIN 305 Instructional Analysis: Track, Field, Gymnastics, Floor Activities\(^{21}\) (2)

TOTAL UNITS FOR CONCENTRATION: 39
TOTAL UNITS FOR MAJOR: 68-70

TEACHING CREDENTIAL REQUIRED INSTRUCTIONAL ANALYSIS COURSES (8)

• KIN 306 Instructional Analysis: Racquet Sports\(^{21}\) (2)
• KIN 307 Instructional Analysis: Basketball and Volleyball\(^{21}\) (2)
• KIN 308 Instructional Analysis: Fitness Activities\(^{22}\) (2)
• KIN 309 Instructional Analysis: Soccer and Softball\(^{21}\) (2)

ADDITIONAL REQUIREMENTS

To successfully complete the Subject Matter Preparation Program, students must meet the following additional requirements:

- **Additional Required Experience**\(^{23}\)
  - Life Guard Training and Water Safety Instruction.
  - First Aid/CPR certification.
  - Participate actively in student CAHPERD, AAHPERD, and/or the Kinesiology Student Association (or another related professional organization).
  - Gain experience in coaching, teaching physical education, recreation or intramurals through work as a
volunteer or as a paid assistant.

**Expectations for Student Performance**

- Earn at least a "C" in all required KIN theory courses. Earn at least a "B" in all movement-based courses. Courses may be repeated until the appropriate grade is achieved. However, units will count only once in the major, and only once for graduation.
- Demonstrate understanding of and possess demonstration level skill competence in twelve activity areas. One of the twelve must be an outdoor education type of activity (e.g., biking, rock climbing, orienteering, camping, or cross-country skiing).
- Students must pre-plan their routes to meet this requirement upon consultation with faculty, and in conjunction with KIN 340, Orientation to Teaching Physical Education.
- Successful completion of a fitness assessment in conjunction with KIN 300, Health Related Fitness and Wellness.
- Demonstrate a high level of personal skill and coaching level expertise in at least one sport.

**Portfolio Preparation**

Each student in the Subject Matter Preparation Program will develop and maintain a professional portfolio. The professional growth and development of the student, through completion of courses and through required and recommended non-credit bearing experiences, should be subject to the student's own ongoing and should be thoughtfully documented. This process should serve as a mechanism for personal growth. The resulting professional portfolio will be an evolving document: a means for personal goal setting and assessment; and a means for formative and summative evaluation.

**ADDITIONAL RECOMMENDED EXPERIENCES**

<table>
<thead>
<tr>
<th>Courses:</th>
<th>Foundation of Dance Movement Theories (3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DANC 231</td>
<td></td>
</tr>
<tr>
<td>KIN 331</td>
<td>Peak Performance (3) [GE]^{24}</td>
</tr>
<tr>
<td>KIN 322</td>
<td>Sport in America (3) [GE]^{24}</td>
</tr>
<tr>
<td>KIN 510</td>
<td>Sport, Movement and Screen Culture^{24}</td>
</tr>
<tr>
<td>KIN 584</td>
<td>Prevention and Care of Athletic Injuries (3)^{25}</td>
</tr>
<tr>
<td>PSY 330</td>
<td>Child Development (3) [GE]^{26}</td>
</tr>
<tr>
<td>PSY 430</td>
<td>Adolescent Psychology (3) [GE]^{27}</td>
</tr>
<tr>
<td>PSY 431</td>
<td>Developmental Psychology (3) [GE]^{28}</td>
</tr>
<tr>
<td>RPT 230</td>
<td>Growth through Adventure (3) [GE]</td>
</tr>
<tr>
<td>RPT 380</td>
<td>Developmental Play Processes (3) [GE]^{29}</td>
</tr>
<tr>
<td>COMM 353</td>
<td>Speech for the Classroom Teacher (4)</td>
</tr>
<tr>
<td>COMM 531</td>
<td>Conflict Resolution (4) [GE]^{30}</td>
</tr>
<tr>
<td>COMM 541</td>
<td>Intercultural Communication (4) [GE]^{31}</td>
</tr>
</tbody>
</table>

**Other Recommendations:**

- Completion of requirements to receive a credential as an Adapted Physical Education Specialist.
- Completion of requirements to receive a credential in a second, non-physical education area.
- Development of bilingual skills and/or completion of requirements for teaching English as a Second Language.
- Development of sufficient depth of knowledge to be able to coach more than one sport.

**ADAPTED PHYSICAL EDUCATION SPECIALIST CREDENTIAL**

By completing the following courses, along with the Subject Matter Credential in Physical education, a
Specialist Credential in Adapted Physical Education can be achieved.

The internship (KIN 630) is taken during the students’ last year within the specialist credential program. The internship consists of six to eight hours a week, for twelve weeks of providing supervised movement experiences for individuals with disabilities. This experience is completed under the direct supervision of certified adapted physical education teachers. Placements are related to student’s needs and direction of employment pursuits.

**COURSE WORK:**

- **KIN 536**  
  Movement for Individuals with Mild Disabilities  
  3 hours lecture, 2 hours lab  
  (4)

- **KIN 537**  
  Movement for Individuals with Severe Disabilities  
  3 hours lecture, 12 hours field experience  
  (3)

- **KIN 538**  
  Therapeutic Exercise  
  3 hours lecture, 12 hours field experience  
  (2)

- **KIN 539**  
  Motor Assessment of Individuals with Disabilities  
  3 hours lecture  
  (3)

- **KIN 630**  
  Internship in Adapted Physical Education  
  1 hour seminar, 6 – 8 hours internship  
  (3)
COURSE PRE-REQUISITES

1. Pre-requisites and Core courses are those required of all students seeking a Bachelor of Science Degree in Kinesiology.
2. None
3. Sophomore, upper division, or graduate level major in biology, biochemistry, chemistry, clinical science, kinesiology; BIOL 230, with a grade of C- or better, or consent of instructor.
4. Satisfactory completion of ELM requirement.
5. Completion of GE Areas A and B4 requirements (formerly GE Segment I) with grades of C or better; priority given to undeclared with interest in KIN or declared KIN major.
6. ENG 214 with grade of C- or better or equivalent. Upper division standing; Restricted to undeclared with interest in Kinesiology or declared Kinesiology major.
7. KIN 330 GWAR requirements, and KIN 250 (formerly KIN 350) with a grade of C or better; Upper division standing or consent of instructor; completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
8. KIN 330 GWAR requirements; Upper division standing or consent of instructor; completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
9. KIN 330 GWAR requirements; KIN 250 (formerly KIN 350) with a grade of C or better; Upper division standing or consent of instructor; completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
10. KIN 330 GWAR requirements; KIN 250 (formerly KIN 350) with a grade of C or better; Upper division standing or consent of instructor; completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
11. Completion of GE Areas A and B4 requirements (formerly GE Segment I) with grades of C or better; enrollment in activity class recommended.
12. KIN 330 GWAR requirements, and KIN 250 with a grade of C or better; Upper division standing or consent of instructor; Completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
13. Upper division standing or consent of instructor; Completion of GE Area A4 requirement and two additional courses in GE Areas A and B4 (formerly GE Segment I).
14. Upper division standing or consent of instructor; completion of GE Area A4 requirement and two additional courses in GE Areas A and B4 (formerly GE Segment I). Physical education majors must take concurrently with KIN 402.
15. Upper division standing or consent of instructor; completion of GE Area A4 requirement and two additional courses in GE Areas A and B4 (formerly GE Segment I).
16. KIN 330 GWAR requirements; KIN 250 (formerly KIN 350) with a grade of C or better; Upper division standing or consent of instructor; completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
17. KIN 330 GWAR, KIN 250, MATH 124 or equivalent with all grades of C or better. Upper division standing or consent of instructor;
18. KIN 330 GWAR requirements; KIN 250 (formerly KIN 350) with a grade of C or better; Upper division standing or consent of instructor; completion of GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
19. KIN 330 GWAR requirements; KIN 250 (formerly KIN 350) with a grade of C or better; ENG 214 and Upper division standing or consent of instructor; completion of the GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I). KIN 486 or KIN 487. Must be taken concurrently with KIN 581.
20. KIN 330 GWAR and KIN 250 with a grade of C or better; Upper division standing or consent of instructor; completion of GE Area A4; two additional courses in GE Areas A and B4 (formerly GE Segment I); enrollment in teaching credential program. Must be taken concurrently with KIN 580.
21. KIN 340 or approval of instructor. Sufficient experience to demonstrate basic proficiency in performing the fundamental skills of the activities in this course; otherwise, it is recommended that the student take the corresponding activity course(s) prior to enrolling in this class.
22. KIN 255 (may be taken concurrently); successful completion of fitness assessment; or consent of instructor.
23. These experiences are required for satisfactory completion of the Physical Education Subject Matter preparation program. Students may complete these experiences in courses available at a college or university off-campus. However these experiences do not bear credit towards completion of the major.
24. Upper division standing or consent of instructor; completion of GE Area A4 requirement and two additional courses in GE Areas A and B4 (formerly GE Segment I).
25. BIOL 328 or consent of instructor.
26. PSY 200 or equivalent. Intended for non-psychology majors.
27. PSY 200 or equivalent; PSY 330 or 431, or consent of instructor. Priority enrollment given to upper division psychology and child and adolescent development majors.
28. PSY 200 or equivalent. Priority enrollment given to upper division psychology and child and adolescent development majors.
29. Upper division standing or consent of instructor
30. COMM 150 and ENG 214 or equivalents.
31. COMM 150 and ENG 214 or equivalents.
32. KIN 250 (formerly KIN 350) with grades of C or better and six units of upper division Kinesiology courses. Upper division standing or consent of instructor; completion of the GE Area A4 requirement and two additional courses in GE Areas A and B4 (formerly GE Segment I).
33. KIN 330 GWAR requirements; KIN 250 (formerly 350) with grade of C or better; Upper division standing or consent of instructor; completion of the GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
34. KIN 330 GWAR requirements; KIN 250 (formerly 350), all with grades of C or better; KIN 536; Upper division standing or consent of instructor; completion of the GE Area A4 and two additional courses in GE Areas A and B4 (formerly GE Segment I).
35. KIN 330 GWAR; KIN 250 with a grade of C or better; Upper division standing or consent of instructor and two additional courses of the GE Segment I requirements; KIN 536, KIN 537, KIN 538. Recommended: KIN 538 (may be taken concurrently).
36. Restricted to majors and minors in biology and biochemistry, majors in kinesiology, and majors in environmental studies under the natural resources management and conservation concentration. Undergraduate students; score of 50 or above on Entry Level Mathematics (ELM) examination or approved exemption, or MATH/ESM 70 with grade of C- or better.
37. BIOL 100 and BIOL 101, or BIOL 212 and BIOL 213.