

# KINESIOLOGY

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*\*Faculty Early Retirement Program*

## Programs Offered

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Bachelor of Science in Kinesiology  
Master of Arts in Kinesiology  
Minor in Kinesiology (Currently Inactive)  
Single Subject Teaching Credential Preparation  
Adapted Physical Education Added Authorization Preparation  
Integrated Degree and Credential Program

Kinesiology, as the study of human movement, utilizes a comprehensive and integrative approach to examine phenomena related to all aspects of physical activity. The curriculum offered by the Department of Kinesiology prepares graduates who can apply kinesiological principles to the acquisition, performance, and refinement of motor skills and to the use of physical activity as an educative tool and a medium for health promotion, personal well-being, and participation in an active lifestyle. The curriculum addresses human movement across the life span from biological/physical, behavioral, sociocultural, and humanistic perspectives, with attention given to the unique and common needs of all people in a wide variety of contexts and conditions.

In conjunction with the broader educational mission of the University, the kinesiology major program prepares students to lead and participate in a modern complex society and to assume multiple roles throughout their lifetimes. Graduates have acquired knowledge and experiences that prepare them to pursue lifelong learning, advanced study, and/or careers in such areas as teaching, coaching, adapted physical education, allied health fields, health and fitness

industries, sport industries, or exercise and movement science. To achieve this mission the kinesiology major provides students with a well-structured set of curricular and cocurricular experiences and the mentorship to derive a sound education from the University experience.

The Department of Kinesiology programs lead to the B.S. or M.A. degrees. In both programs a core of courses is required. Beyond this core, the kinesiology student chooses a concentration of courses with a specific focus. The undergraduate may select physical education, adapted physical education, exercise science, lifetime physical activity, or interdisciplinary studies in kinesiology. Theoretical and practical learning experiences are an important part of all concentrations. Students are required to participate in a variety of field experiences, working as coaching assistants, teacher's aides, exercise/recreation leaders, and instructors for disabled students.

Prior to beginning upper-division studies in Kinesiology, students should have acquired the knowledge and skills necessary for success. Courses with specific application to the kinesiology degree are included as support courses for the major. All students entering the upper-division kinesiology degree should

- Be able to utilize computing technology in support of inquiry;
- Demonstrate knowledge of a broad range of concepts, issues, facts, and theories derived from the biological, physical, behavioral, social sciences, and from the humanities;
- Demonstrate critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills; and
- Document experience in a variety of movement forms and fitness activities.

At the completion of the undergraduate degree all graduates should

- Demonstrate knowledge and skill in a broad variety of movement and fitness activities;
- Understand the biological/physical and behavioral bases of movement and the changes that occur across the life span, within diverse populations, and under a variety of environmental conditions;
- Understand the sociocultural and humanistic bases of movement with diverse cultures, historical periods, and social settings;
- Understand how motor skills are acquired and fitness achieved and maintained across the life span and within diverse populations;
- Understand the relationships among movement, conditioning and training, well-being, and skill across the life span and under a variety of environmental and personally unique conditions;
- Know how to apply kinesiological knowledge to enhance motor skill and fitness with a variety of populations and conditions;

- Apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions;
- Demonstrate knowledge of the conditions of safe practice in movement-related contexts across the life span and within diverse populations, and respond appropriately to common injuries occurring during physical activity;
- Be able to use and apply kinesiological data collection techniques and measurement theory to assess, analyze, and evaluate human performance;
- Understand the scientific method and other systematic ways of knowing relative to research and scholarship in human movement;
- Demonstrate ability to integrate multidisciplinary knowledge of kinesiology in an applied, problem-solving context;
- Be familiar with standards, ethics, and expectations of professional communities related to human movement;
- Be prepared to engage in professionally related community activities;
- Be prepared to engage in informed dialogue with diverse professional and lay communities regarding kinesiological principles and practices; and
- Demonstrate additional in-depth knowledge and skills associated with study in any one of the concentrations, specializations, or emphases that are associated with kinesiology degrees.

## Bachelor of Science in Kinesiology

(See pages 177-179 for sample four-year programs.)

All majors in the Department of Kinesiology must complete the support courses and the major core courses. Each major selects a concentration in which to complete the major.

Degree Requirements	Units
General education	50
Major requirements	53-57
Support courses (maximum outside needed GE)	13
General electives	0-4
<b>Total units needed for graduation</b>	<b>120</b>

All courses fulfilling either major or minor requirements in kinesiology must be graded A-F, except for courses not available in the A-F mode or courses that are challenged.

### Support Courses for the Bachelor of Science

These courses may be taken at a community college, and some may be used to fulfill general education requirements. Some of these courses are prerequisites to courses in the major. The SSU equivalent is listed in parentheses.

Human Anatomy (BIOL 220)*	4
Human Physiology (BIOL 224)*	4
Nutrition	3
Introduction to Computing (CS 101)*	3
Foundations of Kinesiology (KIN 201)	3
<b>Total supporting units</b>	<b>17</b>

\* GE courses

## Major Core Requirements (all concentrations)

KIN 301 Philosophy/History of Human Movement	4
KIN 305 Psychological Bases of Human Movement	4
KIN 315 Sociology of Sport	3
KIN 350 Biomechanics	4
KIN 360 Physiology of Exercise	4
KIN 410 Life Span Motor Development	3
KIN 460 Conditioning for Health and Performance	3
MATH 165 Elementary Applied Statistics	4

**Total units in the major core** 29

## Major Concentrations

Choose one of the required concentrations below to complete the major:

- Adapted Physical Education Concentration (26)
- Physical Education Concentration (26)
- Exercise Science Concentration (27)
- Lifetime Physical Activity Concentration (24-28)
- Interdisciplinary Concentration (25-28)

<b>Total units in a concentration</b>	<b>24-28</b>
<b>Total units in the major</b>	<b>53-57</b>

*Specific content of concentrations is detailed below.*

### Specific Content of Concentrations

Several options are available to a student advancing toward a specific goal in the degree program. A student may select a pattern of courses in any one of the following concentrations.

#### I. Adapted Physical Education Concentration

After completing the bachelor's degree, students may pursue career opportunities in private or public agencies. In combination with the physical education concentration (Single Subject Credential), a student may meet the requirements for the added authorization in adapted physical education.

EDSP 422 AB	4
EDSP 433 Teaching Adolescents with Special Education Needs	3
KIN 241/242 Emergency Response/Principles of Musculoskeletal Injuries	3
KIN 306 Aquatics	1
KIN 325 Introduction to Adapted Physical Education	3
KIN 425 Seminar in Adapted Physical Education	3
KIN 426 Individualized Assessment and Program Design	4
KIN 427 Individuals with Disabilities in Educational/Recreational Setting	3
KIN 430C Field Experience	2

**Total units in the concentration** 26

**Total units in the B.S.** 55

#### II. Physical Education Concentration

The Kinesiology Department offers a Subject Matter Program in Physical Education. Students who are interested in teaching physical education and coaching in the schools may select this option. Completion of the program certifies the subject matter competence required for entry into a teaching credential program in physical education and exempts

the student from taking the CSET Subject Assessment Examination. Kinesiology majors interested in seeking a general elementary credential may demonstrate subject matter competence by passing the CSET Multiple Subject Assessment for Teachers. For further information, contact the department office.

KIN 242 Principles of Musculoskeletal Injuries	3
KIN 306 Aquatics	1
KIN 308 Educational Gymnastics	1
KIN 309 Dance and Rhythms	1
KIN 310 Self Defense	1
KIN 320 Curriculum, Pedagogy, and Assessment	3
KIN 325 Introduction to Adapted Physical Education	3
KIN 400 Elementary School Physical Education	3
KIN 404 Theory of Coaching	2
KIN 420 Middle School Physical Education	3
KIN 422 High School Physical Education	4
KIN 430 Field Experience	1
<b>Total units in the concentration</b>	<b>26</b>
<b>Total units in the major</b>	<b>55</b>

### III. Exercise Science Concentration

Students who have an interest in biomechanics or pre-physical therapy may select this concentration. It contains lower-division and upper-division courses beyond the core required of all majors and a set of courses specific to the subspecialty within the concentration.

CHEM 115AB General Chemistry*	10**
PHYS 209A/210A General Physics*	4**
KIN 241/242 Emergency Response or Principles of Musculoskeletal Injuries	3
KIN 430 Field Experience	3
PSY 425 Abnormal Psychology	4
BIOL Elective (department approval required)	3
<b>Total in the Exercise Science Concentration</b>	<b>27</b>
<b>Total units in the major</b>	<b>56</b>

\* GE courses.

\*\* Students planning to enter a master's degree or doctoral program in physical therapy may need to take additional units or courses to satisfy admission requirements to the programs. Check with the academic schools to which you plan to apply for specific requirements.

For information on credentials and professional education requirements, please see the Education section in this catalog, which describes programs in education, and also the University's special bulletin on Programs in Teacher Education.

### Physical Therapy Program Prerequisites

Courses	SSU Course	UCSF	Samuel			West Univ.
			Merritt	UOP	Chapman	of H.S.
General Physics	PHYS 209AB/210AB	R-8	R-8	R-8	R-8	R-8
General Chemistry	CHEM 115AB/116AB	R-10	R-8	R-8	F-8	F-8
Organic Chemistry	CHEM 335A	r-3				
H. Anatomy w/lab	BIOL 220	R-3	R-4	R-4	R-4	R-4
H. Physiology	BIOL 224		R-4	R-4	R-4	R-4
Bio Elective	BIOL 307, 318		R-3	R-4	R-6	
Microbiology/Cell Biology	BIOL 218/344	R-4		R-4		
Neuro Anatomy	PSY 451	r-4				
Ab Psych/Psych Dis	PSY 425/438	R-3				
General Psych	PSY 250, 302		R-3			
Psych Elective			R-3	R-3	R-6	
Sociology Elective			R-3			
Biomechanics	KIN 350	R-3	R-3			
Exercise Physiology	KIN 360	r-3	R-3			
Motor Learning/ Motor Development	KIN 305/410	r-3				
Statistics	MATH 165	R-3	R-3		R-4	R-4
English Composition	ENGL 101	r-3		R-3		
Written/Oral Comm	HUM 200/ENGL 201		R-3			
Field Experience	KIN 430D	R-150	R			
GRE		R 1500/500R 1700/540				

R=REQUIRED, r=recommended

#### IV. Lifetime Physical Activity Concentration

##### ***Fitness and Wellness Emphasis***

Prepares individuals for careers in the allied fields of fitness, health, and wellness. Those who work with exercise must have an understanding of intra- and interpersonal aspects of exercise adherence, as well as knowledge of the structure and function of the human body. They must know exercise physiology and the mechanics of human motion; and they must possess skills in planning and carrying out appropriate exercise programs and treatment regimes for the healthy individual who desires lifetime fitness goals, as well as for the individual with unique needs due to a developmental concern or musculoskeletal injury. This concentration incorporates coursework in philosophy, sociology, and psychology; exercise physiology and biomechanics of movement; adapted physical education and emergency / sports medicine; and health education, while providing opportunities for internships & field experiences.

KIN 241 Emergency Response	3
KIN 242 Principles of Musculoskeletal Injuries	3
KIN 426 Individualized Assessment and Program Design	4
KIN 430E Field Experience/Internship	3
KIN 442 Musculoskeletal Evaluation, Training, and Treatment	4
KIN 446 Exercise Instruction	3

##### ***Electives \* Choose a minimum of 2 courses (below)***

KIN 404/404C Theory of Coaching	2-3
KIN 427 Individuals with Disabilities in Education and Recreation	3
BIOL 318 Biology of Aging	3*
BUS 150 Business and Society	3
GERN 300 Basic Gerontology	3*
PSY 201 Human Potential	3
PSY 408 Transitions in Adult Development	4
PSY 421 Psychology of Aging	4
SOCI 317 Emotions and Adult Life	3*

**Total units in the emphasis 25-28**

**Total units in the major 54-57**

##### ***Coach Education Emphasis***

The Coach Education Emphasis serves students interested in coaching sports at the recreational, youth, high school and collegiate levels. As sports have become increasingly embedded in American culture (e.g. in education, family life), there is a need for reflective, informed coaches. This program provides opportunities for students to acquire the skills required to become an effective coach in recreational, youth, high school, and collegiate competitive sports.

KIN 241 Emergency Response	3
KIN 242 Principles of Musculoskeletal Injuries	3
KIN 403 Ethics, Inclusion, and Equity in Coaching	3
KIN 404/404C Theory of Coaching	2-3
KIN 420 or 422 Middle School or High School Physical Education	3-4
KIN 426 Individualized Assessment and Program Design	4
KIN 430E Field Experience	3

##### ***Electives - choose a minimum of 1 course from the following:***

KIN 427 Individuals with Disabilities in Education and Recreation	3
KIN 420 or 422 Middle School or High School Physical Education	3-4
KIN 442 Musculoskeletal Evaluation, Training, and Treatment	4
KIN 446 Exercise Instruction	3
KIN 316 Women in Sports	3
KIN 320 Curriculum, Pedagogy, and Assessment	3
KIN 308 and 309 Educational Gymnastics and Rhythms and Dance	2

**Total units in the emphasis 24-27**

**Total units in the major 53-56**

#### V. Interdisciplinary Concentration

In consultation with their advisors, students design a concentrated course of study or special emphasis track in preparation for a career goal. The concentration must be distinctly different from Kinesiology concentrations already offered. Areas of emphasis may include pre-Occupational Therapy and others.

Students, in consultation with their Kinesiology Interdisciplinary advisor, shall define and describe in writing the specific theme they would like their Interdisciplinary Concentration to be in and select a minimum of 24 units of coursework to fulfill program requirements. Courses in kinesiology and those offered by other departments are appropriate and may be applied to this track. A minimum of 3 units, and not more than 6 units, in Field Experience (KIN 430) and/or Special Studies (KIN 495) must be taken. The proposed study list must be signed by the student and advisor and submitted to the department chair for approval. A copy of the signed, approved study list is placed in the student's advising folder.

**Total units in the concentration 25-28**

**Total units in the major 54-57**

#### Careers

##### *Lifetime Fitness*

Careers or certifications that require a baccalaureate degree

- Strength and Conditioning Specialist
- Certified Personal Trainer
- Health Fitness Instructor
- Exercise Specialist

##### *Physical Education*

- Teaching middle school and high school (B.S. degree leads into the Single Subject Credential Program which certifies graduates to teach in public schools).
- Coaching in public schools and at the collegiate level.
- Graduate Programs in
  - Physical Education (M.A., M.S.)
  - Adapted Physical Education

- Curriculum and Instruction
- Education Administration
- Teach/coach at a community college (M.A. required).

*Adapted Physical Education – Physical Education for Individuals with Disabilities*

- Work in public schools, community recreation centers, hospitals and other clinical settings, community colleges (M.A. required), colleges, and universities;
- Work with infants, children, and adults with all kinds of disabilities;
- Teach adapted physical education to students and also mentor classroom and general physical education teachers (requires Single Subject Credential); and
- Graduate Programs in
  - Adapted physical education
  - Special education

*Students planning to apply to a graduate program in physical therapy*

Completing the Kinesiology degree with the Exercise Science concentration, pre-physical therapy option, will satisfy many of the course requirements (or recommendations) which are prerequisites for admission to a physical therapy program. While there are similarities across physical therapy programs, there are also differences from one graduate program to another. Students are urged to contact personally any graduate school they may wish to consider and request admission requirements. Information can be obtained from the American Physical Therapy Associate website: <http://www.apta.org>.

No single list of prerequisites can be totally complete and accurate. The list on the previous page summarizes current requirements for some programs in California, and the requirements are similar to other programs. It is suggested that you use the attached list as general guidelines until a specific school or schools are selected.

**Additional Considerations**

- Plan on a minimum of two years beyond the bachelor’s degree to complete a physical therapy program. Actual time varies by program.
- Find out if the Graduate Record Examination (GRE) is required and what minimum score is accepted.
- Strengthen your oral and written communication skills.
- Apply to several programs.
- Usually a 3.0 GPA is required; however, many schools actually use a 3.3 or higher GPA.
- Get extensive field experience, have excellent letters of recommendation, prepare a strong portfolio, and be prepared for a good interview.

- Some programs may not take less than a “B” in a prerequisite course; some will not accept a repeat grade if the original grade was a “C” or better.
- Many programs require that prerequisites be taken in the last 5-10 years; this varies from school to school.
- DO NOT take prerequisite courses for Cr/NC.
- Take elective courses in related fields, especially the biological sciences.
- Talk to physical therapists and other pre-pt students, and be active in the pre-health professions clubs on campus.

**Minor in Kinesiology (Currently Inactive)**

Students majoring in other disciplines may complete a minor in kinesiology to further their career goals. The minor requires a minimum of 22 units and includes a core of 12 to 13 units (required of all students) and a minimum of 9 to 10 units of electives. The minor in kinesiology may be desirable for credential candidates pursuing a second teaching area or a career in coaching; for management students entering sport/fitness businesses; for those involved in outdoor recreation programs; for students in performing arts desiring a physical education/dance background. Students pursuing a kinesiology minor must consult with a departmental advisor for program requirements. A copy of a signed approved study list is placed in the student’s advising folder.

**Minor Core Requirements**

KIN 201 Foundations of Kinesiology 3

*Choose one course from the following:*

KIN 301 History and Philosophy of Human Movement (4) or  
 KIN 315 Sociology of Sport **or**  
 KIN 410 Lifespan Motor Development 3-4

*Choose two courses from the following:*

KIN 305 Psychological Bases of Human Movement 4  
 KIN 350 Biomechanics 4  
 [ Prerequisite BIOL 220, Human Anatomy (4) ]  
 KIN 360 Physiology of Exercise 4  
 [ Prerequisites CHEM 115A, General Chemistry (5) or CHEM 105 and BIOL 224, Human Physiology (4) ] 8

**Total units in the minor core 12-13**

**Minor Options**

These courses are to be determined with and approved by a departmental advisor. They must be in kinesiology and may include a maximum of 3 units of field work and/or special studies.

**Total units in the minor option 9-10**

**Total units in the minor 22**

## Master of Arts in Kinesiology

The Master of Arts degree program is oriented toward professional training for those interested in obtaining terminal degrees in areas such as teaching, coaching, adult fitness, and rehabilitation. The program emphasizes a common core/knowledge base, the interdisciplinary nature of kinesiology, a focus on applied professionals, and a culminating experience that is individualized to meet each student's professional needs and interests.

At the completion of the program all graduates will

- Demonstrate knowledge of basic principles and an understanding of the current research in the field of kinesiology;
- Apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions;
- Understand the scientific method and other systematic ways of knowing relative to research and scholarship in human movement;
- Develop a sense of responsibility to and for the profession and be professionally involved at the local, state, and/or regional levels; and
- Be prepared to engage in informed dialogue with diverse professional and lay communities regarding kinesiological principles and practices.

### M.A. Core Requirements

KIN 500 Introduction to Scholarly Inquiry in Kinesiology	2
KIN 505 Seminar in Psycho-Social Bases of Human Movement	3
KIN 520 Pedagogical Methods	3
KIN 525 Individualized Movement Programs for Rehabilitation & Education	3
KIN 550 Seminar in Biomechanics	2
KIN 560 Advanced Physiology of Exercise	2
KIN 590 Graduate Internship	3
KIN 599 Culminating Project	3
<b>Total units in the M.A. core</b>	<b>21</b>

### M.A. Electives

In consultation with and receiving approval from an advisor, select an additional 9-unit study plan. For example, a student who wishes to pursue an emphasis in sport pedagogy might select from the following list of electives:

KIN 521 Curriculum Design & Analysis in Physical Education (3)	
KIN 522 Research and Issues in Physical Education Teacher Education (3)	
EDSS 444 Teaching in the Content Area (Physical Education) (3)	
EDCT 558 Educational Technology and Classroom (3)	
EDCT 560 Instructional Design and Technology (3)	
<b>Total units in M.A. electives</b>	<b>9</b>
<b>Total units in the M.A. degree</b>	<b>30</b>

The Department of Kinesiology offers the M.A. in Kinesiology via the culminating project in which graduate students choose from the following options: project, thesis, scholarly article, business/curriculum plan, clinical project, and a research component of a larger sponsored project. In so doing, graduate students are offered an array of options that are individualized to their specific professional needs. Students selecting the thesis option must complete an approved statistics course as a prerequisite.

### Admissions Procedures

Students must apply to the University through the Office of Admissions and Records and must complete a separate application to the Kinesiology Department. Applicants must:

1. Apply to the Office of Admissions to be admitted to graduate status in the University. The application must include the following:
  - a. Two sets of transcripts of all college work; and
  - b. Certification of a B.S. degree or the equivalent with a 3.0 GPA in the last 60 units of college work.
2. Apply to the Department of Kinesiology for admission to the Master's Degree Program in Kinesiology. This application should be sent directly to the Department of Kinesiology, Attn: Graduate Studies Coordinator. The Kinesiology Department Application requires:
  - a. Kinesiology Department Graduate Application (available at [http://www.sonoma.edu/kinesiology/ma\\_program/Applicant\\_Info.htm](http://www.sonoma.edu/kinesiology/ma_program/Applicant_Info.htm));
  - b. Personal statement articulating the applicant's academic and professional goals;
  - c. Official transcripts from **all** undergraduate and graduate institutions; and
  - d. Two letters of recommendation.

Electronic submission of application is preferred, e.g. of application, letters of recommendation, personal statement and unofficial copy/scan of transcripts (pending arrival of official transcripts).

Students may be admitted as conditionally classified or classified graduate students. The procedures for each are as follows:

#### Conditionally Classified Graduate

Application for students interested in pursuing a master's degree in kinesiology will be forwarded to the department for consideration. Students who have degrees in other areas of study must make up deficiencies in undergraduate areas: descriptive statistics, biomechanics, psychological basis of human movement, and physiology of exercise. Only one (up to 4 units) of these courses may be counted toward the M.A. degree. Completion of WEPT required.

The graduate coordinator serves as advisor to all conditionally classified graduate students until the students select a major advisor and advance to classified graduate status.

### Classified Graduate

Classified graduate students are those who have completed all admissions requirements and undergraduate course work and have been admitted to the University and the master's degree program in the Department of Kinesiology.

Please see the Degree Requirements section in this catalog for postbaccalaureate degree requirements.

### Advancement to Candidacy for the M.A. Degree

The Advancements to Candidacy form (GS01) describes the culminating project and verifies that the student has met the Writing Proficiency Requirement. This form must be approved by all members of the student's project committee and the department graduate coordinator before being forwarded to the Associate Vice President for final review and approval prior to granting of the M.A. degree

## Sample Four-year Program for Bachelor of Science in Kinesiology, Exercise Science Concentration

### LOWER-DIVISION PREPARATION

#### FRESHMAN YEAR: 31 Units

##### Fall Semester (15 Units)

BIOL 110 (4)  
CS 101 (3)  
GE (8)

##### Spring Semester (16 Units)

CHEM 115A (5)  
MATH 165 (4)  
GE (7)

#### SOPHOMORE YEAR: 29 Units

##### Fall Semester (15 Units)

BIOL 220 (4)  
CHEM 115B (5)  
Nutrition (3)  
GE (3)

##### Spring Semester (14 Units)

KIN 201 (3)  
PHYS 209A/210A (4)  
BIOL 224 (4)  
GE (3)

### UPPER-DIVISION SPECIALIZATION

#### JUNIOR YEAR: 30 Units

##### Fall Semester (15 Units)

KIN 241/242 (3)  
KIN 301 (4)  
PHYS 209B/210B (4)  
GE (4)

##### Spring Semester (15 Units)

KIN 360 (4)  
KIN 315 (3)  
GE (4)  
GE UD (4)

#### SENIOR YEAR: 30 Units

##### Fall Semester (14 Units)

KIN 305 (4)  
KIN 350 (4)  
KIN 410 (3)  
GE UD (3)

##### Spring Semester (16 Units)

KIN 430D (3)  
KIN 460 (3)  
PSY 425 (4)  
GE UD (E) (3)  
Elective (3)

#### TOTAL UNITS: 120

**Sample Four-year Program for  
Bachelor of Science in Kinesiology**

**Physical Education, Adapted Physical Education,  
Lifetime Fitness Activity (both emphases)**

**LOWER-DIVISION PREPARATION**

**FRESHMAN YEAR: 30 Units**

<i>Fall Semester (14 Units)</i>	<i>Spring Semester (16 Units)</i>
BIOL 115 (3)	CHEM 105 (5)
MATH 165 (4)	GE (11)
CS 101 (3)	
GE (4)	

**SOPHOMORE YEAR: 31 Units**

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (16 Units)</i>
Biol 220 (4)	KIN 201 (3)
Nutrition (3)	Biol 224 (4)
GE (8)	KIN 242 (3)
	GE (6)

**UPPER-DIVISION SPECIALIZATION**

*(see concentration specific classes to the right)*

**JUNIOR YEAR: 17 Units**

<i>Fall Semester (7 Units)</i>	<i>Spring Semester (10 Units)</i>
KIN 301 (4)	KIN 360 (4)
KIN 315 (3)	KIN 410 (3)
	GE UD (3)

**SENIOR YEAR: 17 Units**

<i>Fall Semester (9 Units)</i>	<i>Spring Semester (10 Units)</i>
KIN 350 (4 units)	KIN 305 (4)
GE UD (3)	KIN 460 (3)
	GE UD (3)

**In addition to the upper-division specialization, choose  
one of the following options:**

**• Physical Education •**

*(with Upper Division core)*

**JUNIOR YEAR: 12 Units**

<i>Fall Semester (8 Units)</i>	<i>Spring Semester (4 Units)</i>
KIN 306 (1)	KIN 308 (1)
KIN 310 (1)	KIN 320 (3)
KIN 325 (3)	
KIN 400 (3)	

**SENIOR YEAR: 13 Units**

<i>Fall Semester (5 Units)</i>	<i>Spring Semester (6 Units)</i>
KIN 404 (2)	KIN 309 (1)
KIN 420 (3)	KIN 422 (4)
	KIN 430 (1)

**• Adapted Physical Education •**

*(with Upper Division core)*

**JUNIOR YEAR: 11 Units**

<i>Fall Semester (5 Units)</i>	<i>Spring Semester (6 Units)</i>
KIN 306 (1)	KIN 325 (3)
KIN 426 (4)	KIN 427 (3)

**SENIOR YEAR: 12 Units**

<i>Fall Semester (7 Units)</i>	<i>Spring Semester (5 Units)</i>
KIN 425 (3)	KIN 430C (1)
KIN 430C (1)	EDSP 422 AB (4)
EDSP 433 (3)	

**• Lifetime Physical Activity Emphasis:**

**Fitness and Wellness •**

*(with Upper Division core)*

**JUNIOR YEAR: 13 Units**

<i>Fall Semester (7 Units)</i>	<i>Spring Semester (6 Units)</i>
KIN 241 (7)	F&W Elective (3)
KIN 426 (4)	F&W Elective (3)

**SENIOR YEAR: 12 Units**

<i>Fall Semester (5 Units)</i>	<i>Spring Semester (7 Units)</i>
KIN 430E (3)	KIN 442 (4)
2 Units of your choice (2)	KIN 446 (3)

• **Lifetime Physical Activity Emphasis:Coach Education** •

*(with Upper Division core)*

**JUNIOR YEAR: 9-11 Units**

*Fall Semester (6-7 Units)*

KIN 404 (2-3)  
4 Units of your choice (4)

*Spring Semester (3-4 Units)*

KIN 420 or 422 (3-4)

**SENIOR YEAR: 12-14 Units**

*Fall Semester (5-7 Units)*

KIN 430E (3)  
CE Elective (2-4)

*Spring Semester (7 Units)*

KIN 403 (3)  
KIN 426 (4)

**Integrated Degree and Credential Program**

Students in their freshmen year who are interested in becoming public school physical education teachers can enroll in a program of study that integrates a B.S. in kinesiology with a concentration in physical education, with the requirements necessary to obtain a teaching credential. This plan of study merges the degree and credential courses, subsequently exposing students to public school teaching experiences from their freshman through senior years. In addition, if students follow the designed advising plan, they have the potential of completing their course of study in less time than if the degree and credential programs were taken back to back. This program may necessitate students taking one or two summer school sessions.

**FRESHMAN YEAR: 34 Units**

*Fall Semester (17 Units)*

KIN 120 (2)  
ENGL 101 (4)  
Foreign Language (4) (if needed)  
MATH 165 (4)  
GE (3-4)

*Spring Semester (17 Units)*

BIOL 115 (3)  
GE (14)

**SOPHOMORE YEAR: 33 Units**

*Fall Semester (15 Units)*

BIOL 220 (4)  
KIN 306 or 310 (1)  
KIN 320 (3)  
GE (7)  
Have taken CBEST.

*Spring Semester (18 Units)*

KIN 242 (3)  
KIN 308 or 309 (1)  
KIN 315 (3)  
BIOL 224 (4)  
GE (7)

Apply to Single-Subject Credential Program.

**SUMMER SESSION: 7 Units**

EDUC 417 (3)  
Foreign Language (if needed) (4)

**JUNIOR YEAR: 34 Units**

*Fall Semester (19 Units)*

KIN 301 (4)  
KIN 306 or 310 (1)  
KIN 350 (4)  
KIN 410 (3)  
GE (7)

*Spring Semester (15 Units)*

KIN 308 or 309 (1)  
KIN 325 (3)  
KIN 360 (4)  
Nutrition (3)  
EDSS 442 (4)

**SUMMER SESSION: 9 Units**

KIN 400 (3)  
EDSS 418 (3)  
EDSP 433 (3)

**SENIOR YEAR: 34 Units**

*Fall Semester (17 Units)*

KIN 305 (4)  
KIN 460 (3)  
EDSS 443A (1)  
EDSS 443B (2)  
EDSS 444 (3)  
EDSS 446 (4)

*Spring Semester (17 Units)*

EDSS 458 (12)  
EDSS 459 (3)  
KIN 404 (2)