

# KINESIOLOGY (PHYSICAL EDUCATION TEACHER EDUCATION) FOUR ♦ YEAR PLAN

Minimum total units required for B.S. Degree: 120 ▪ (60 units required from major).

This form is to be used in partnership with your advisors - seek assistance each semester to stay on track & graduate!

## YEAR 1

SEMESTER 1		SEMESTER 2	
BIO 25 Human Anatomy & Physiology I <sup>^</sup>	4 UNITS	BIO 26 Human Anatomy & Physiology II <sup>^</sup>	4 UNITS
A1: ORAL COMMUNICATION	3 UNITS	A3: CRITICAL THINKING	3 UNITS
A2: WRITTEN COMMUNICATION	3 UNITS	B4: MATH. CONCEPTS & QUANT REAS.	3 UNITS
E: UND. PERSONAL DEVELOPMENT	3 UNITS	C1: ARTS	3 UNITS
ELECTIVES	3 UNITS	ELECTIVES	3 UNITS
<b>16 UNITS</b>		<b>16 UNITS</b>	

## YEAR 2

SEMESTER 1		SEMESTER 2	
B1/B3: PHYSICAL SCIENCE	3 UNITS	B2: LIFE SCIENCE	3 UNITS
C2: HUMANITIES	3 UNITS	C: ARTS/HUMANITIES	3 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	D: US CONT/CA GOVT	3 UNITS
D: US. HISTORY	3 UNITS	ELECTIVES	3 UNITS
ELECTIVES OR FL	3 UNITS	ELECTIVES OR FL	3 UNITS
<b>15 UNITS</b>		<b>15 UNITS</b>	

## YEAR 3

SEMESTER 1		SEMESTER 2	
KINS 101 Intro to Kinesiology <sup>^</sup>	2 UNITS	KINS 135 Secondary PE Curriculum <sup>^</sup>	3 UNITS
KINS 134 History & Philosophy <sup>^</sup>	3 UNITS	KINS 137 Sociology of Sport <sup>^</sup>	3 UNITS
KINS 138 Sport Pedagogy <sup>^</sup>	3 UNITS	KINS 146 PRO ACT IV - Individual Sports	3 UNITS
KINS 145 PRO ACT III -Team Sports <sup>^</sup>	3 UNITS	B5: KINS 150 Exercise & Sport Physio. <sup>^</sup>	3 UNITS
KINS 148 PRO ACT V - Nontraditional Games <sup>^</sup>	3 UNITS	KINS 158 Motor Learning and Control <sup>^</sup>	3 UNITS
<b>14 UNITS</b>		<b>15 UNITS</b>	

## YEAR 4

SEMESTER 1		SEMESTER 2	
KINS 131 Secondary PE Curriculum <sup>^</sup>	2 UNITS	KINS 130 Elem PE Curriculum & Content <sup>^</sup>	3 UNITS
KINS 141 PRO ACT 1 - Dual Sports <sup>^</sup>	3 UNITS	KINS 142 PRO ACT II – Creative Mov. & Dance <sup>^</sup>	3 UNITS
KINS 151D Applied Kinesiology & Bio. <sup>^</sup>	3 UNITS	KINS 149 PRO ACT – Health Related Fitness	3 UNITS
KINS 177 Intro to Adapted PE <sup>^</sup>	3 UNITS	KINS 160 Sport & Exercise Psysc <sup>^</sup>	3 UNITS
C: ARTS/HUMANITIES (UD)	3 UNITS	D: THE INDIVIDUAL & SOCIETY (UD)	3 UNITS
<b>14 UNITS</b>		<b>15 UNITS</b>	

**TOTAL = 120**

### NOTES:

     Electives to meet 120 unit minimum

<sup>^</sup> All courses applied to the major must be completed with a minimum “C” grade.

\* Writing Intensive (**MUST** Complete WPJ or substitute ENGL 109W/M for elective before enrolling) you may overlap with your upper division AREAs C or D.

+ Race & Ethnicity: you may overlap with AREAs in General Education.

**FL** Foreign Language (FL) requirement

◦ Students are encouraged to consider summer and winter intercession coursework to reduce workload.