

# 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	
A1: ORAL COMMUNICATION	3 UNITS	BIO 25 Human Anatomy & Physiology I <sup>^</sup>	4 UNITS
A2: WRITTEN COMMUNICATION	3 UNITS	A3: CRITICAL THINKING	3 UNITS
B2/B3: LIFE FORMS	3 UNITS	B4: MATH. CONCEPTS & QUANT REAS.	3 UNITS
F: ETHNIC STUDIES	3 UNITS	+D: THE INDIVIDUAL & SOCIETY	3 UNITS
D: US CONT/CA GOVT	3 UNITS	E: UNDERSTANDING PERSONAL DEV.	2 UNITS
<b>15 UNITS</b>		<b>15 UNITS</b>	

### YEAR 2

SEMESTER 1		SEMESTER 2	
BIO 26 Human Anatomy & Physiology II <sup>^</sup>	4 UNITS	KINS 138 Sport Pedagogy <sup>^</sup>	3 UNITS
KINS 101 Kinesiology: Research & Practice <sup>^</sup>	2 UNITS	B1/B3: PHYSICAL SCIENCE	3 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	+D: THE INDIVIDUAL & SOCIETY	3 UNITS
C1: ARTS (LD)	3 UNITS	ELECTIVE/FL1	4 UNITS
C: ARTS/HUMANITIES (LD)	3 UNITS	ELECTIVE	1 UNITS
<b>15 UNITS</b>		<b>14 UNITS</b>	

### YEAR 3

SEMESTER 1		SEMESTER 2	
KINS 134 History & Philosophy <sup>^</sup>	3 UNITS	KINS 137 Sociology of Sport <sup>^</sup>	3 UNITS
KINS 148 PRO ACT V - Nontraditional Games <sup>^</sup>	3 UNITS	KINS 146 PRO ACT IV - Individual Sports	3 UNITS
B5: KINS 150 Exercise & Sport Physio. <sup>^</sup>	3 UNITS	KINS 151D Applied Kinesiology & Bio. <sup>^</sup>	3 UNITS
C2: HUMANITIES/FL 2 (LD)	4 UNITS	KINS 177 Intro to Adapted PE <sup>^</sup>	3 UNITS
ELECTIVE	3 UNITS	C: UPPER DIVISION (UD)*	3 UNITS
<b>16 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 135 Secondary PE Curriculum <sup>^</sup>	3 UNITS	KINS 142 PRO ACT II – Creative Mov. & Dance <sup>^</sup>	3 UNITS
KINS 141 PRO ACT 1 - Dual Sports <sup>^</sup>	3 UNITS	KINS 149 PRO ACT – Health Related Fitness	3 UNITS
KINS 145 PRO ACT III -Team Sports <sup>^</sup>	3 UNITS	KINS 160 Sport & Exercise Psys <sup>^</sup>	3 UNITS
KINS 158 Motor Learning and Control <sup>^</sup>	3 UNITS	+D: INDIVIDUAL & SOCIETY (UD)*	3 UNITS
ELECTIVE	3 UNITS		
<b>15 UNITS</b>		<b>15 UNITS</b>	

**TOTAL = 120**

#### NOTES:

- Lower Division major requirements
- Electives to meet 120 unit minimum

<sup>^</sup> All courses applied to the major must be completed with a minimum “C” grade. Athletic Administration elective options may be from either the Athletic Administration or Athletic Coaching Education concentrations.

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

\* 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.

**LD** Upper Division

**UD** Upper Division

**FL** Foreign Language (FL) requirement

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