

# KINESIOLOGY

## Physical Education Option, B.S. (120 Units)

Valid for Catalog Years: 2023/2024 to 2024/2025

<b>Physical Education Lower Division Core Program Requirements</b>	<b>15-17 Units</b> <input type="checkbox"/>
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KINES 1: Introductory Principles and Techniques for Physical Fitness Development (3) \_\_\_\_\_

KINES 32: Lifetime Fitness and Wellness (2) (**GE Area E**) \_\_\_\_\_

**AND** Concurrent Enrollment in KAC 4: Swimming for Beginners (1) **OR** KAC 103: Swim for Fitness (1) \_\_\_\_\_

KINES 31: Historical and Professional Foundations of Physical Education (3) \_\_\_\_\_

KINES 33: Foundation of Sport Exercise Psychology (3) \_\_\_\_\_

KINES 35: Human Structure and Function: Applications to Kinesiology (3) \_\_\_\_\_

**OR** BIOL 33: Introductory Human Anatomy and Physiology (5) \_\_\_\_\_

<b>Physical Education Upper Division Program Requirements</b>	<b>12 Units</b> <input type="checkbox"/>
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KINES 110: Motor Development (3) (*Pre-Requisite*: KINES 1, 31, 32, & 35) \_\_\_\_\_

KINES 116: Fundamentals of Biomechanics (3) (*Pre-Requisite*: KINES 35 or BIOL 33 or BIOL 67A) \_\_\_\_\_

KINES 118: Fundamentals of Exercise Physiology (3) (*Pre-Requisite*: KINES 35 or BIOL 33 or BIOL 67A & BIOL 67B) \_\_\_\_\_

KINES 120: Planning Strategies for Physical Education (3) (*Pre-Requisite*: KINES 1, 31, 35 and 110) (3) \_\_\_\_\_

<b>Physical Education Option Requirements</b>	<b>18 Units</b> <input type="checkbox"/>
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KINES 122: Nontraditional Games and Outdoor Education (3) (*Pre-Requisite*: KINES 1, 31, 32, 33, 110, 120; BIOL 33 or KINES 35) \_\_\_\_\_

KINES 123: Analysis and Application: Rhythmic Movement in Physical Education (3) \_\_\_\_\_

(*Pre-Requisite*: KINES 1, 31, 32, 33, 35, 110, 116, 118, and 120)

KINES 126: Analysis and Application: Aquatics (3) (*Pre-Requisite*: KINES 1, 31, 32, 33, 110, 120; BIOL 33 or KINES 35) \_\_\_\_\_

KINES 131: Analysis and Application: Individual, Team, and Fitness Activity (3) \_\_\_\_\_

(*Pre-Requisite*: KINES 1, 31, 32, 33, 35, 110, 116, 118, and 120)

KINES 144I: Field Experience in Teaching (3) (*Pre-Requisite*: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120, 122, 123, 126, and 131) \_\_\_\_\_

KINES 159: Measurement and Evaluation (3) (*Pre-Requisite*: KINES 1, 31, 110, and 120) \_\_\_\_\_

<b>Kinesiology Activity Course (KAC) #1</b>	<b>1 Unit</b> <input type="checkbox"/>
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Select one course from the following: \_\_\_\_\_

KAC 40: Elementary Karate (1)

KAC 41: Judo (1)

KAC 43: Taekwondo (1)

KAC 44: Kendo (1)

KAC 47: Tai Chi (1)

KAC 49: Kickboxing (1)

KAC 50: Assault Avoidance Techniques (1)

<b>Kinesiology Activity Course (KAC) #2</b>	<b>1-2 Units</b> <input type="checkbox"/>
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Select one course from the following: \_\_\_\_\_

KAC 10: Hip Hop Dance (1)

KAC 12: Elementary Social Dance (1)

KAC 13: Swing Dance (1)

DANCE 115: University Dance Theatre (1)

DANCE 117A: Modern Dance Technique (1)

DANCE 155A: Modern Jazz Dance (1)

DANCE 158A: Ballet Technique (1)

CLAS 107: Latino Dance (2)

<b>Single Subject Credential Additional Requirements (CREDENTIAL STUDENTS ONLY)</b>	<b>3 Units</b> <input type="checkbox"/>
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CI 149: Curriculum, Instruction, and Technology in Secondary Classrooms (3) \_\_\_\_\_

<b>Total Units Required in Major</b>	<b>47-50 units</b>
<b>Total Units Required in General Education</b>	<b>46-49 units</b>
<b>Electives needed</b>	<b>27-15 units</b>

## KINESIOLOGY

### Physical Education, B.S. (120 Units)

Valid for Catalog Years: 2023/2024 to  
2024/2025

For assistance or to schedule an  
advising appointment, please  
contact the **CHHS Advising and  
Career Development Center:**  
559-278-5027, McLane Hall 194

Student Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

Catalog Year: \_\_\_\_\_

	Year 1 (Freshman)		Year 2 (Sophomore)		Year 3 (Junior)		Year 4 (Senior)	
	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
<b>Major</b>	<b>KAC Area A</b>	<b>KINES 1 (3 Units)</b>	<b>GE Area E KINES 32 + KAC</b>	<b>KINES 110 (3 Units)</b>	<b>KINES 33 (3 Units)</b>	<b>KINES 122 (3 Units)</b>	<b>KINES 123 (3 Units)</b>	<b>KINES 144 (3 Units)</b>
	<b>KAC Area B</b>							
	<i>Lower Division GE</i>	<b>KINES 35 or BIOL 33</b>	<b>KINES 31 (3 Units)</b>	<b>KINES 118 (3 Units)</b>	<b>KINES 120 (3 Units)</b>	<b>KINES 123 (3 units)</b>	<b>KINES 131 (3 Units)</b>	<b>KINES 159 (3 Units)</b>
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<b>KINES 116 (3 Units)</b>	<i>Lower Division GE</i>	<i>Upper Division GE</i>	<i>Upper Division GE</i>	<b>KINES 126 (3 Units)</b>	<i>Upper Division GE</i>
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>American Government</i>	<i>UDWS (W Course or Exam)</i>	<i>General Elective</i>	<i>General Elective</i>	<i>Multicultural International (MI)</i>
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Upper Division GE</i>	<i>Upper Division GE</i>	<i>General Elective</i>	<i>General Elective</i>	<i>General Elective</i>
<b>Milestones</b>		<b>KINES 35 Completed</b>		<b>KINES 116 and 118 Completed</b>		<b>KINES 110 and 120 Completed</b>		

#### Elective Options:

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#### Credential Admissions Checklist

- ☐ Single Subject Credential Program Application
- ☐ Admission Interview
- ☐ Two Candidate Recommendation Forms w/ attached forms
- ☐ Teacher Candidate Commitment
- ☐ Personal Narrative
- ☐ Medical Clearance
- ☐ Pre-Program Field Experience (KINES 144I is equivalent)
- ☐ University Admissions
- ☐ Undergraduate Degree
- ☐ 2.67 overall GPA or 2.75 GPA in the last 60 units taken
- ☐ Basic Skills Requirement (CBEST)
- ☐ Subject Matter Competency (CSET)
- ☐ Certificate of Clearance
- ☐ Mandatory Reporter Training
- ☐ Prerequisite Completion (CI 149)
- ☐ Submit complete Application to ED 100; See online admissions guide for more information.<sup>5</sup>

#### Advising Notes:

- A grade of C or higher in all required coursework is necessary for successful completion of the major. Any course required as a prerequisite must be completed with a grade of C or better before registration in the subsequent courses
- CR/NC grading is not permitted in courses for the kinesiology major, except in those courses which are designated CR/NC grading only.
- Courses taken within the Kinesiology major may be used toward general education requirements, a minor (see departmental minors) or a supplemental credential. Consult the appropriate department for further information.
- Students majoring in kinesiology may count a maximum of 12 units of activity courses (ATHL, KAC, DANCE) toward the 120 units required for a bachelor's degree. Repeat credit towards the major is not allowed in these courses.
- Additional information regarding the Physical Education Single Subject Credential program application and supplemental requirements, can be found through the Kremen School of Education and Human Development. See the following:  
[https://drive.google.com/file/d/1Km3RD\\_Jcvq6zZEHmdQXF7G15UYnaxpX/view](https://drive.google.com/file/d/1Km3RD_Jcvq6zZEHmdQXF7G15UYnaxpX/view)

## 2024-2025 GENERAL EDUCATION (G.E.) REQUIREMENTS

**NOTES: A minimum of 48 G.E. units are required.** All classes are three or more semester units. Engineering and Liberal Studies majors complete a different G.E. Pattern—consult department advisor. GE courses may change annually. It is recommended to run your Degree Progress Report (DPR) before and after you register to ensure courses you are registered for satisfy the intended GE Area(s).

### ♦ FOUNDATION

Four courses: One in A1, one in A2, one in A3, & one in B4 for a minimum of 12 units.

**FOUNDATION** courses must be satisfied with a minimum of "C" grade.

#### Area A - Fundamental Skills and Knowledge

**A1 Oral Communications:** Communication 3, 7, 8

**A2 Written Communication:** (Pre-Requisite for English 5B is Passing 5A) English 5B, 5BML, 10, 10ML

**A3 Critical Thinking:** Africana Studies 20; Anthropology 30; Asian American Studies 88; Chicano & Latin American Studies 30; College of Science and Math 10; Communication 5; Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 24, 45; Sociology 3, 3S; Women's, Gender, & Sexuality Studies 12

**B4 Quantitative Reasoning:** (Co-Requisite or Pre-Requisite Math Courses May Be Required; Check with an Advisor) Criminology 50; Decision Science 71, 72; Mathematics 6, 11, 11L, 45, 45L, 70, 75A; Psychology 42; Public Health 92

Course/  
Units/Grade

A1 \_\_\_\_\_

A2 \_\_\_\_\_

A3 \_\_\_\_\_

B4 \_\_\_\_\_

### ♦ BREADTH

#### Area B - Fundamental Skills and Knowledge

Two Courses: One in B1 and one in B2 - See above for B4

**B1 Physical Sciences:** (Pre-Requisite: Completion of B4) Chemistry 1A & 1AL, 3A, 10; Earth & Environmental Sciences 1, IV, 4, 5; Geography 5\*, 7\*;  
Physical Science 21; Physics 2A, 4A & 4AL, 10

**B2 Life Sciences:** Biology 1A, 10, 11, 12

**B3 Laboratory Component:** B1 or B2 must have a lab (\*Courses do not have a lab component)

B1 \_\_\_\_\_

B2 \_\_\_\_\_

B3 \_\_\_\_\_

#### Area C - Arts and Humanities

Three Courses: One in C1, one in C2, and a third from C1 or C2

**C1 Arts:** Armenian Studies 20; Art 1, 20, 40, 50; Art History 10, 11, 12; Chicano & Latin American Studies 9; Drama 22, 62; English 41, 43, 44; Media, Communications & Journalism 9; Music 9 (not for music majors), 9A, 74, 75

**C2 Humanities:** Arabic 1A, 1B; Armenian 1A, 1B, 2A; Chinese 1A, 1B; Communicative Sciences & Deaf Studies 90, 92; English 20, 30; French 1B, 2A, 2B; German 1B, 2A, 2B; Greek 1A, 1B; Hebrew 1A; Hmong 1A, 1B; Humanities 10, 11, 15, 20; Italian 1A, 1B, 2A, 2B; Japanese 1A, 1B; Latin 1A, 1B; Linguistics 10, Persian 1A, 1B; Philosophy 1, 2, 10, 20; Portuguese 1A, 1B; Spanish 1B, 2A, 2B, 3, 4A, 4B

C1 \_\_\_\_\_

C2 \_\_\_\_\_

C1 or  
C2 \_\_\_\_\_

#### Area D - Social, Political & Economic Institutions and Behavior, Historical Background

One course in each sub-area (Pre-Requisite: GE Foundation A2 for students in English college-readiness Category III and IV)

**D1 American History:** History 11, 12

**D2 Social Science:** Africana Studies 36; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Asian American Studies 7, 166; Child & Family Science 31; City & Regional Planning 80; Communicative Sciences & Deaf Studies 98; Criminology 10; Economics 25, 40, 50; Geography 2, 4; History 20, 21; Industrial Technology 20; Jewish Studies 10; Media, Communications & Journalism 1; Middle East Studies 10; Political Science 1; Psychology 10; Sociology 1 or 1S; Women's, Gender, & Sexuality Studies 10, 11, 166

D1 \_\_\_\_\_

D2 \_\_\_\_\_

#### Area E - Lifelong Understanding & Self-Development One course

Animal Science 67; Art 13; Asian American Studies 8; Child & Family Sciences 38, 39; College of Science and Math 15; Dance 16, 70; Drama 32; Finance 30; Gerontology 10S, 18, 111; Kinesiology 32 & Concurrent Enrollment in any KAC; Linguistics 30; Nutrition 53; Peace and Conflict Studies 110; Psychology 61; Public Health 90, 91, 110; Recreation Administration 80; University 1; Women's, Gender, & Sexuality Studies 18

E \_\_\_\_\_

#### Area F - Ethnic Studies One course

Africana Studies 10, 15, 27, 40, 68; American Indian Studies 5, 10, 103; Anthropology 120, 175; Asian American Studies 10, 15, 20, 50, 108, 120, 143, 175, 185; Chicano & Latin American Studies 3, 5, 120, 128, 163; Media, Communications, & Journalism 6; Philosophy 108

F \_\_\_\_\_

### UPPER DIVISION G.E. CONSISTS OF 9 UNITS

IB, IC, & ID courses can be taken no sooner than the term in which 60 units of coursework are completed.

### ♦ INTEGRATION Three Upper Division – One in Each Area

#### IB - Physical Universe & Its Life Forms: (Pre-Requisite: Completion of FOUNDATION and Area B)

Anthropology 161; Chemistry 170; Civil Engineering 121; Computer Science 100, 100N; Earth & Environmental Science 102S, 112, 167, 168; Geography 115, 128, 129; Natural Science 115, 120, 121, 125; Physical Science 131, 168; Physics 100; Plant Science 105; Public Health 161; Sociology 158

IB \_\_\_\_\_

#### IC - Arts & Humanities: (Pre-Requisite: Completion of FOUNDATION and Area C)

Africana Studies 129; Architectural Studies 145; Armenian 148; Art 102; Art History 140; Arts & Humanities 105; Asian American Studies 148; Chicano & Latin American Studies 130; Dance 171; Drama 163; English 101, 102, 103, 112, 113, 114, 174; French 109, 124, 125, 149; Humanities 104, 108, 110, 118, 120, 129; Interdisciplinary Art Studies 108; Italian 110, 130; Jewish Studies 108; Linguistics 115, 130, 138; Media, Communications, & Journalism 183; Music 170A, 171, 187; Philosophy 120, 150, 151; Portuguese 101, 102, 103; Spanish 125, 129; Women's, Gender, & Sexuality Studies 110, 111

IC \_\_\_\_\_

#### ID - Social, Political, & Economic Institutions & Behavior, Historical Background: (Pre-Requisite: Completion of

FOUNDATION, Area D, and PLSI 2) Africana Studies 144; Agricultural Business 155; Anthropology 116W, 145; Art History 143; Asian American Studies 111, 121, 122, 155; Chicano & Latin American Studies 114, 115; City & Regional Planning 125; Civil Engineering 161; Construction Management 124; Criminology 101, 120, 120S; Curriculum & Instruction 152; Earth and Environmental Sciences 115S; Economics 146, 167, 176, 183; Electrical & Computer Engineering 118; Forensic Behavioral Science 153; Geography 133, 173; Gerontology 100; History 101, 154; Jewish Studies 122; 154; Kinesiology 111; Media, Communications & Journalism 101, 175, 178, 180; Peace & Conflict Studies 100, Social Science 110; Sociology 131, 143, 163; Women's, Gender, & Sexuality Studies 101, 124, 149, 155

ID \_\_\_\_\_

Total Units \_\_\_\_\_

07/10/24

# Graduation Requirements

## PLANNING YOUR DEGREE

- ☐ Meet with an Academic Counselor to complete a My Degree Plan (roadmap)
- ☐ Units per semester to graduate:  
4 years: 15 units x 8 semesters = 120 units  
5 years: 12 units x 10 semesters = 120 units
- ☐ Complete your US and California Government requirement during your sophomore year
- ☐ Complete your upper-division writing skills during your junior year (60 - 90 units)
- ☐ Complete your Application for Degree and pay the fee during the first four weeks of your final semester

### ♦ 120 unit minimum—comprised of:

- 48 General Education (or modified version per Major)
- Major
- Electives if needed to reach 120 units (minor/certificate/other)

### ♦ 2.00 GPA in:

- Major
- Campus units
- Cumulative units

### ♦ Specific course requirements:

- English Composition (GE Area A2—English 5A & 5B, 10 or equivalent) -
- US History (GE Area D1—History 11, 12 or equivalent) -
- US and California Government -

**Courses:** Political Science 2, or equivalent course

- Multicultural/International course (M/I) -

Completed Course: \_\_\_\_\_

**Courses:** Africana Studies 143, 150, 164; Anthropology 105W, 120, 123, 125; Art History 141, 142; Asian American Studies 110, 110S, 138, 140; Business Administration 104; Capstone 177, 188S; Chicano & Latin American Studies 160, 170; Communication 164; Child & Family Science 134; Communicative Disorders & Deaf Studies 139; Economics 181; Geography 167, 174; Gerontology 161; History 186; Humanities 105, 140; Italian 100; Jewish Studies 143; Linguistics 147; Media, Communications & Journalism 176, 179; Marketing 100S; Music 171A; Nursing 141, 141LS; Public Health 104, 128S; Philosophy 131, 132; Political Science 120; Recreation Administration 130; Social Sciences 180; Sociology 111, 142; Social Work 136; Women's, Gender, & Sexuality Studies 120, 122, 135

### ♦ Writing Skills Requirement:

Completed Course: \_\_\_\_\_

- Upper-division writing skills -

**Courses:** Africana Studies 104W; Agricultural Business 170WS; American Indian Studies 105WS; Anthropology 105W, 116W, 126W; Asian American Studies 151W, 161W; Aerospace Studies 105AW\*, 105BW; Biology 118W; Business Administration 105W; Chemistry 161W\*; Chicano & Latin American Studies 102W; Economics 102W; Earth & Environmental Sciences 104W, 135W; English 106W, 115W, 117W\*, 160W, 170W; Engineering 105W\*; Health & Human Services 116W; History 100W\*; Industrial Technology 198W; Jewish Studies 100W; Literacy & Early Education 180W; Linguistics 110W\*, 111W; Media, Communications & Journalism 102W\*, 114W\*, 155SW, 158WS; Philosophy 125W, 133W; Plant Science 110W; Political Science 100W; Sociology 130W, 130WS; Women's, Gender, & Sexuality Studies 118W

Note: a few majors require a specific "W" course; see catalog requirements for your major

Completed Course: \_\_\_\_\_

\*Enrollment may be restricted or have additional prerequisites. Check the course description in the catalog or [my.fresnostate.edu](http://my.fresnostate.edu)

### ♦ Fresno State Residency unit minimums:

- 30 units
- 24 upper-division units
- 12 units in major
- 9 General Education units

*Please Note: General Education course area completion is based on which area the course fulfills during the semester the course is completed, not catalog year. Be sure to double check courses are completing the intended area using the class search or degree progress report (DPR).*