

KINESIOLOGY

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

Valid for Catalog Years: 2025/2026 to Current

Physical Education Lower Division Core Program Requirements	15-17 Units <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) (L/S) _____

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) _____

Physical Education Upper Division Program Requirements	12 Units <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) _____

Physical Education Option Requirements	18 Units <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) _____

Kinesiology Activity Course (KAC) #1	1 Unit <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)

Kinesiology Activity Course (KAC) #2	1-2 Units <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)

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

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Physical Education, B.S. (120 Units)

Valid for Catalog Years: 2025/2026 to Current

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
Major	KAC Area A	KINES 1 (3 Units)	L/S Area KINES 32 + KAC	KINES 110 (3 Units)	KINES 33 (3 Units)	KINES 122 (3 Units)	KINES 123 (3 Units)	KINES 144 (3 Units)
	KAC Area B							
	<i>Lower Division GE</i>	KINES 35 or BIOL 33	KINES 31 (3 Units)	KINES 118 (3 Units)	KINES 120 (3 Units)	KINES 123 (3 units)	KINES 131 (3 Units)	KINES 159 (3 Units)
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	KINES 116 (3 Units)	<i>Lower Division GE</i>	<i>Upper Division GE</i>	<i>Upper Division GE</i>	KINES 126 (3 Units)	<i>Upper Division GE</i>
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Lower Division GE</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>American Government</i>	<i>Additional University Grad Req.</i>	<i>General Elective</i>	<i>General Elective</i>	<i>General Elective</i>
Milestones		KINES 35 Completed		KINES 116 and 118 Completed		KINES 110 and 120 Completed		

Elective Options:

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.⁵

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

2025-2026 GENERAL EDUCATION (G.E.) REQUIREMENTS

NOTES: A minimum of 43 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 1A, one in 2A, one in 3A, & one in Area 2 for a minimum of 12 units.

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

Area 1&2 - English Communication & Mathematical Concepts/Quantitative Reasoning

[1A] English Composition: (Pre-Requisite for English 5B is Passing 5A) English 5B, 5BML, 10, 10ML

[1B] Critical Thinking: Africana Studies 20; Agricultural Science 10, Anthropology 30; Asian American Studies 88; Chicano & Latin American Studies 30; Child and Family Sciences 3, College of Science and Math 10; Communication 5; Computer Science 1, Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 25, 45; Sociology 3, 3S; Women's, Gender, & Sexuality Studies 12

[1C] Oral Communication: Communication 3, 7, 8

[2] Mathematical Concepts & Quantitative Reasoning: (Co-Requisite or Pre-Requisite Math Courses May Be Required; Check with an Advisor) Criminology 50; Decision Science 71, 72; Mathematics 6, 10A, 10AL, 11, 11L, 45, 45L, 70, 75A; Psychology 42; Public Health 92

Course/
Units/Grade

1A _____

1B _____

1C _____

2 _____

♦ BREADTH

Area 3 - Arts and Humanities

Two Courses: One in 3A, one in 3B

[3A] 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; Italian 15; Media, Communications & Journalism 9; Music 9 (not for music majors), 9A, 74, 75

[3B] 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

3A _____

3B _____

Area 4 – Social and Behavioral Sciences

One course in each sub-area

[4A] American History: History 11, 12

[4B] 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; Italian 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

4A _____

4B _____

Area 5 – Physical and Biological Sciences

Two Courses for minimum 7 Units: One in 5A and one in 5B; Lab may be embedded within 5A/5B course

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

[5B] Biological Sciences: Biology 1A, 10, 11, 12, Earth & Environmental Sciences 6

[5C] Physical or Biological Laboratory B1 or B2 must have a lab (*Courses do not have a lab component)

5A _____

5B _____

5C _____

Area 6 - 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; English 143; Media, Communications, & Journalism 6; Philosophy 108

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UPPER DIVISION "INTEGRATION" G.E. CONSISTS OF 9 UNITS

UD2/UD5, UD 3, & UD 4 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

I2/I5 – Mathematical Concepts & Quantitative Reasoning/ Physical & Biological Sciences

(Pre-Requisite: Completion of FOUNDATION and Area 5)

Anthropology 161, 165; Chemistry 170; Civil Engineering 121; Computer Science 100, 100N; Earth & Environmental Science 102S, 112, 167, 168; Geography 115, 128, 129; Liberal Studies 121; Mathematics 123; Natural Science 115, 120, 121, 125; Physical Science 131, 168; Physics 100; Plant Science 105; Public Health 161; Sociology 158

12/
15 _____

I3 - Arts & Humanities: (Pre-Requisite: Completion of FOUNDATION and Area 3)

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

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I4 – Social and Behavioral Sciences: (Pre-Requisite: Completion of FOUNDATION, Area 4, 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

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Advising Notes:

- Foundation courses must be completed with a grade of C or better to satisfy the General Education requirement.
- A maximum of two General Education courses from one department or program may be applied to satisfy Breadth requirements.
- Subject Area 4 shall be completed in at least two different disciplines among the nine units required in Area 4, and Area UD 4.

Total Units: _____

Graduation Requirements

BACHELOR'S DEGREE REQUIREMENTS

A student must complete the following requirements in order to earn a Bachelor of Arts, Bachelor of Science, Bachelor of Fine Arts, or a Bachelor of Music degree:

- ☐ A minimum of 120 semester units, comprised of:
 - ☐ 43 General Education Units
 - ☐ Academic Major Requirements
 - ☐ Specific course/skill requirements: (a) English Composition; (b) United States History; (c) United States and California Constitution (PLSI 2 or equivalent); (d) Upper division writing skills
 - ☐ Additional University Graduation Requirements: (a) Arts/Humanities; (b) Lifelong-Understanding and Self-Development; Multicultural/International; **requirements may vary by major**
- ☐ A minimum of 30 residence units, of which 24 must be upper division, 12 in the major, and 9 in General Education
- ☐ A minimum of a C average [2.0] for units in the major, all California State University, Fresno units, and total units

Specific Course/Skill Requirements:

Required by all degrees; may be completed in general education or by exam credit:

- ☐ **English Composition** (Area 1A – ENGL 5A/5B, 10, or equivalent)
- ☐ **United States History** (Area 4A – HIST 11 or 12, or equivalent)
- ☐ **US and California Government:** _____

Courses: Political Science 2, 101, or equivalent course

- ☐ **Upper Division Writing Skills (UDWS):** _____

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: Majors may require a specific "W" course; see catalog requirements for your major

*Enrollment may be restricted or have additional pre-requisites. Check the course description in the catalog or class search

Additional University Graduation Requirements (AUGR):

Please Note: Major programs may be exempt from part or all Additional University Graduation Requirements; if a major is exempt from only part of these requirements students may select which area(s) to fulfill this requirement in either Arts/Humanities, Lifelong Understanding and Self-Development, or Multicultural/International; **please consult the Fresno State catalog or your major advisor for your specific program requirements.**

- ☐ **Arts/Humanities (A/H):** _____ N/A ☐

Courses: See catalog for course requirements.

- ☐ **Lifelong-Understanding and Self-Development (L/S):** _____ N/A ☐

Courses: Agricultural Science 15; 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

- ☐ **Multicultural/International (M/I):** _____ N/A ☐

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, 138

Degree Application

To receive the degree, a student files an online application for graduation via the Student Center by one of the published deadlines. After paying the fee online, your application is submitted to Undergraduate Degree Evaluations. Honors are awarded as follows, based in the **campus** GPA earned:

Summa Cum Laude (highest honors) 3.90 to 4.00; Magna Cum Laude (high honors) 3.70 to 3.89; Cum Laude (honors) 3.50 to 3.69