

KINESIOLOGY
Physical Education Option, B.S. (120 Units)
 Valid for Catalog Years: 2021/2022 to Current

Physical Education Lower Division Core Program Requirements	15-17 Units □
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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 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 □
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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 □
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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 □
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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 □
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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)

Single Subject Credential Additional Requirements (CREDENTIAL STUDENTS ONLY)	3 Units □
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- CI 149: Curriculum, Instruction, and Technology in Secondary Classrooms (3) _____

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

KINESIOLOGY

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

Valid for Catalog Years: 2021/2022 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)	GE Area E 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							
	Lower Division GE	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)
	Lower Division GE	Lower Division GE	KINES 116 (3 Units)	Lower Division GE	Upper Division GE	Upper Division GE	KINES 126 (3 Units)	Upper Division GE
	Lower Division GE	Lower Division GE	Lower Division GE	American Government	UDWS (W Course or Exam)	General Elective	General Elective	Multicultural International (MI)
	Lower Division GE	Lower Division GE	Lower Division GE	Upper Division GE	Upper Division GE	General Elective	General Elective	General Elective
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:

1. 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
2. CR/NC grading is not permitted in courses for the kinesiology major, except in those courses which are designated CR/NC grading only.
3. 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.
4. 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.
5. 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_Jcvq6zZEHmdOXF7G15UYnaxpX/view

2020-2021 GENERAL EDUCATION (G.E.) REQUIREMENTS

NOTES: **A minimum of 49 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.

◆ 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 "C" grade.

Area A - Fundamental Skills and Knowledge

A1 Oral Communication: Communication 3, 7, 8

A2 Written Communication: (Prerequisite for English 5B is passing 5A) English 5B, 10

A3 Critical Thinking: Africana Studies 20; Anthropology 30; Chicano & Latin American Studies 30; College of Science & Math 10; Communication 5; Computer Science 1; Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 25, 45; Sociology 3, 3S; Women's Studies 12

B4 Quantitative Reasoning: (Co-requisite or prerequisite Math courses may be required. Check with advisors)
 Criminology 50, Decision Sciences 71, 72; Mathematics 6, 11, 11L, 45, 45L, 70, 75, 75A

Course/Units/Grade

A1 _____

A2 _____

A3 _____

B4 _____

◆ BREADTH

Area B - Physical Universe and Its Life Forms

Two courses: One in B1 and one in B2--see above for B4

B1 Physical Sciences: (Prerequisite: Completion of B4) Chemistry 1A & 1AL, 3A, 10; Earth & Environmental Sciences 1, 1V, 4; 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 (All B1 and B2 courses taken at Fresno State have a mandatory 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 and 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, 1B; 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 & Behavior, Historical Background

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

D1 American History: History 11, 12

D2 American Government: Political Science 2

D3 Social Science: Africana Studies 10, 15, 27; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Asian American Studies 15; Child & Family Studies 31; Chicano & Latin American Studies 3, 5; Communicative Sciences & Deaf Studies 98; Criminology 10; Economics 25, 40, 50; Geography 2, 4, 81; History 20, 21; Industrial Technology 20; Jewish Studies 10; Media, Communications and Journalism 1; Middle East Studies 10; Political Science 1; Psychology 10; Sociology 1 or 1S; Women's Studies 10

D1 _____

D2 _____

D3 _____

Area E - Lifelong Understanding and Self-Development One course

E Lifelong Understanding & Self-Development: Animal Science 67; Art 13; Child & Family Studies 38, 39; College of Science & Math 15; Dance 16, 70; Drama 32; Finance 30; Gerontology 10S, 18, 111; Kinesiology 32 & concurrent enrollment in any KAC course; Linguistics 30; Nutrition 53; Peace and Conflict Studies 110; Psychology 61; Public Health 90, 91, 110; Recreation Administration 80; University 1; Women's Studies 18

E _____

UPPER DIVISION G.E. CONSISTS OF 9 UNITS

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

◆ INTEGRATION Three upper division courses--one in each area

IB Physical Universe and Its Life Forms: (Prerequisite: Completion of FOUNDATION and Area B)

Anthropology 161; Chemistry 170; Computer Science 100; Earth & Environmental Sciences 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 and Humanities: (Prerequisite: Completion of FOUNDATION and Area C)

Africana Studies 129; Armenian 148; Art 102; Arts & Humanity 105; Chicano & Latin American Studies 130; Dance 171; Drama 163; English 101, 102, 103, 112, 113, 114, 174; French 109, 149; Humanities 104, 108, 110, 118, 129; Interdisciplinary Art Studies 108; Linguistics 115, 130, 138; Music 170A, 171, 187; Philosophy 120, 150, 151; Spanish 125, 129

IC _____

ID Social, Political and Economic Institutions and Behavior, Historical Background:

(Prerequisite: Completion of FOUNDATION and Area D)
 Africana Studies 144; Agricultural Business 155; American Indian Studies 103; Anthropology 116W, 145; Chicano & Latin American Studies 114, 115; Construction Management 124; Criminology 101, 120, 120S; Economics 146, 167, 176, 183; Forensic Behavioral Sciences 153; Geography 133, 173, 184; Gerontology 100; History 101, 154; Jewish Studies 154; Kinesiology 111; Media, Communications and Journalism 175, 178; Peace and Conflict Studies 100; Social Science 110; Sociology 131, 143, 163; Women's Studies 101, 124, 149

ID _____

TOTAL UNITS _____

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 upper-division writing skills during your junior year (60-90 units)**
- ❑ **Complete your Application for Degree & pay the fee during the first four weeks of your final semester**

- **120 unit minimum - comprised of:**
 - 49 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 (English 5A & 5B, 10 or equivalent)
 - US History (History 11, 12 or equivalent)
 - US and California Constitution (Political Science 2, 102 or equivalent)
 - Multicultural/International course

Multicultural/International courses

Africana Studies **150, 164**; Anthropology **105W, 120, 123, 125**; Asian American **110**; Business Administration **104**; Chicano & Latin American Studies **160, 170**; Communication **164**; Communicative Sciences & Deaf Studies **139**; Economics **181**; Geography **167**; Gerontology **161**; History **186**; Humanities **105, 140**; Interdisciplinary Capstone **177, 188S**; Linguistics **147**; Media, Communications and Journalism **176, 179**; Marketing **100S**; Nursing **141, 141LS**; Public Health **104, 128S**; Philosophy **131,132**; Political Science **120**; Recreation Administration **130**; Sociology **111, 142**; Social Science **180**; Social Work **136**; Women's Studies **110, 120/120S, 135**;

- **Writing Skills Requirement:**
 - Upper-division writing skills (exam or course with a "W")

W courses

Africana Studies **104W**; Agricultural Business **170SW**; Anthropology **105W, 116W, 126W**; Asian American Studies **151W**; Aerospace Studies **105AW*, 105BW**; Business Administration **105W**; Chemistry **161W**; Chicano & Latin American Studies **102W**; Child and Family Science **130W***; Economics **102W**; Earth and Environmental Sciences **104W, 135W**; English **106W, 115W, 117W*, 160W, 170W**; Engineering **105W***; Health & Human Services **116W**; History **100W***; Industrial Technology **198W**; Jewish Studies **100W**; LEE **180W**; Linguistics **110W*, 111W**; Media, Communications and Journalism **102W*, 114W***; Philosophy **125W, 133W**; Plant Science **110W**; Sociology **130W/WS**;

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

*Enrollment may be restricted or have additional prerequisites. Check the course description in the catalog or my.fresnostate.edu.

- **Fresno State Residency unit minimums:**
 - 30 units
 - 24 upper-division units
 - 12 units in major
 - 9 General Education units