

KINESIOLOGY
Physical Education Option, B.S. (120 Units)
Valid for Catalog Years: 2021/2022 to 2022/2023

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) (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 <input type="checkbox"/>
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KINES 110: Motor Development (3) (<i>Pre-Requisite:</i> KINES 1, 31, 32, & 35)	_____
KINES 116: Fundamentals of Biomechanics (3) (<i>Pre-Requisite:</i> KINES 35 or BIOL 33 or BIOL 67A)	_____
KINES 118: Fundamentals of Exercise Physiology (3) (<i>Pre-Requisite:</i> KINES 35 or BIOL 33 or BIOL 67A & BIOL 67B)	_____
KINES 120: Planning Strategies for Physical Education (3) (<i>Pre-Requisite:</i> 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) (<i>Pre-Requisite:</i> KINES 1, 31, 32, 33, 110, 120; BIOL 33 or KINES 35)	_____
KINES 123: Analysis and Application: Rhythmic Movement in Physical Education (3)	_____
(<i>Pre-Requisite:</i> KINES 1, 31, 32, 33, 35, 110, 116, 118, and 120)	
KINES 126: Analysis and Application: Aquatics (3) (<i>Pre-Requisite:</i> KINES 1, 31, 32, 33, 110, 120; BIOL 33 or KINES 35)	_____
KINES 131: Analysis and Application: Individual, Team, and Fitness Activity (3)	_____
(<i>Pre-Requisite:</i> KINES 1, 31, 32, 33, 35, 110, 116, 118, and 120)	
KINES 144I: Field Experience in Teaching (3) (<i>Pre-Requisite:</i> KINES 1, 31, 32, 33, 35, 110, 116, 118, 120, 122, 123, 126, and 131)	_____
KINES 159: Measurement and Evaluation (3) (<i>Pre-Requisite:</i> 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)

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

2022-2023 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. 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: (Prerequisite for English 5B is passing 5A) English 5B, 10

A3 Critical Thinking: African Studies 20; Anthropology 30; Asian American Studies 88; Chicano & Latin American Studies 30; Computer Science 1; College of Science and Math 10; Communication 5; Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 25, 45; Sociology 3/35; Women's, Gender, & Sexuality Studies 12

B4 Quantitative Reasoning: (Co-requisite or prerequisite Math courses may be required) Criminology 50; Decision Science 71, 72; Mathematics 6 11, 11L, 45, 45L, 70, 75, 75A; Psychology 42; Public Health 92

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, 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: 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; Armenian Studies 20

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 & 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 Social Science: Africana Studies 10; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Asian American Studies 7; 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

D1 _____

D2 _____

Area E - Lifelong Understanding & Self-Development One Course

Animal Science 67; Art 13; Asian American Studies 8; Child & Family Science 38, 39; College of Science 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, Gender, & Sexuality Studies 18

E _____

Area F - Ethnic Studies One Course

Africana Studies 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; Upper division GE must be completed at a CSU campus or equivalent university, and *cannot* be completed at a community college.

◆ INTEGRATION Three upper division—one in each area

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

Anthropology 161; Chemistry 170; Civil Engineering 121; Computer Science 100; Earth & Environmental Science 102, 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: (Prerequisite: Completion of FOUNDATION and Area C)

Africana Studies 129; Armenian 148; Art 102; Art History 140; Arts & Humanities 105; Asian American Studies 148; Chicano & Latin American Studies 130; Construction Management 145; 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; Linguistics 115, 130, 138; 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: (Prerequisite: 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; Chicano & Latin American Studies 114, 115; City & Regional Planning 125; Civil Engineering 161; Construction Management 124; Criminology 101, 120, 120S; Curriculum & Instruction 152; Economics 146, 167, 176, 183; Electrical & Computer Engineering 118; Forensic Behavioral Sciences 153; Geography 133, 173; Gerontology 100; History 101, 154; Jewish Studies 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

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 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:
 - 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

- ♦ Additional Degree 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 150, 164; Anthropology 105W, 123, 125; Art History 141, 142; Asian American Studies 110S; Business Administration 104; Chicano & Latin American Studies 160, 170; Communication 164; Child & Family Science 134; Communicative Disorders & Deaf Studies 139; Economics 181; Geography 167; Gerontology 161; History 186; Humanities 105, 140; Interdisciplinary 177, 188S; Italian 100; 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, 135

- ♦ Writing Skills Requirement:
 - Upper-division writing skills -

Completed Course: _____

Courses: Africana Studies 104W; Agricultural Business 170WS; American Indian Studies 105WS; Anthropology 105W, 116W, 126W; Asian American Studies 151W, 161W; Aerospace Studies 105AW*, 105BW; Business Administration 105W; Chemistry 161W*; Chicano & Latin American Studies 102W; Child & Family Studies 130W*; 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; Sociology 130W, 130WS

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

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

Completed Course: _____

- ♦ 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).