

California State University, Fresno

CATALOG YEARS 2008 - PRESENT				
Department of Kinesiology - Blended Credential in Physical Education				
			Units	
General Education			51	
Kinesiology Core			14	
COURSE NO.	COURSE TITLE	UNITS	PRE-REQUISITES	
KINES 20	Fitness Development	1		
KINES 25	Principles of Strength Training	1		
KINES 32	Lifetime Fitness and Wellness	3	Concurrent with KAC 4, 6 or KAC 103	
KINES 33	Foundations of Sport and Exercise Psychology	3		
KINES 116	Fundamentals of Biomechanics	3	KINES 20, KINES 35 or BIO 33	
KINES 118	Fundamentals of Exercise Physiology	3	KINES 20, KINES 35 or BIO 33	
Physical Education Option Requirements			34	
COURSE NO.	COURSE TITLE	UNITS	PRE-REQUISITES	
KINES 31	Introduction to Kinesiology: Historical and Professional Foundations	3		
KINES 35	Anatomical/Physiological Kinesiology	3		
KINES 110	Motor Development	3	KINES 35 or BIO 33	
KINES 120	Planning Strategies for Physical Education	3	KINES 20, 31 and 110	
KINES 122	Non-Traditional Games and Outdoor Activities	3	KINES 20, 31, 120 and KAC Area A	
KINES 123	Analysis and Application: Rhythmic Movement in Physical Education	3	KINES 20, 31, 110, 120 and KAC Area B	
KINES 126	Analysis and Application: Aquatics	3	KINES 31, 110, 120 & proficiency in swim strokes or completion of KAC 4	
KINES 131	Analysis and Application: Individual, Team and Fitness Activities	3	KINES 20, 31, 110 and 120	
KINES 144	Field Experience in Physical Education	3	KINES 31, 120, 123, 126, 131	
KINES 159	Measurement and Evaluation	3	KINES 20, 31, 110, 120	
Students MUST take two of the following KAC Courses: Any Area A - Self-Defense/Combative and any Area B - Rhythm (See back for approved KAC courses). All students are required to maintain current certification for Adult and Child CPR and First Aid. *Students will be able to double count Kinesiology 32 with Core and General Education Area E therefore blended option program is 127 units*. Students must take KAC 4, 6 or KAC 103 with KINES. 32. Option program = 127 units. Students are encouraged to take Kinesiology 162 - Coaching Concepts for coaching certification.			Units	99
			Credential Program	33
			Total Degree units	130*