

KINESIOLOGY

Physical Education Program Learning Outcomes (<https://catalog.csudh.edu/program-learning-outcomes/health-human-services-nursing/bachelor-arts-physical-education-learning-outcomes/>)

College of Health, Human Services, and Nursing

Division of Kinesiology

Bachelor of Arts in Physical Education

Degree Roadmaps

Fitness Director Option

Pre-Physical Therapy Option

Teaching Option

Minor

Coaching

Teaching

Certificate

Fitness Instructor

Subject Matter Preparation Program

Physical Education

Faculty

Michael Ernst, Division Chair

Mary Lou Cappel, Carole M. Casten, Gioella Chaparro, Scott Cheatham,

Michael Ernst, Lee Hancock, George Wing, Ben Zhou

Division Office: SAC 2145, (310) 243-3761

Emeriti Faculty

Boice Bowman, John L. Johnson, Robert Pestolesi, James Poole

Program Description

Kinesiology is an academic area concerned with the art and science of human movement, with particular reference to physical, mental, emotional and social variables.

Features

A large gymnasium, mirrored dance studio, mirrored activity room, mirrored weight training room, exercise laboratory, swimming pool, athletic training room, tennis courts, activity field and track are available for instructional and recreational use.

Faculty curriculum planners carefully monitor the academic programs at comparable universities as well as examine state certification programs to align existing programs with current trends and requirements. Additionally, they forecast future specializations. The faculty also makes every effort to facilitate the transfer of students from feeder colleges to CSU Dominguez Hills and from CSU Dominguez Hills to other universities.

Faculty keep regularly scheduled office hours and are available during those hours to talk with students in person, by telephone or online.

The multicultural campus community at CSU Dominguez Hills provides opportunities for greater understanding of a wide variety of cultural and ethnic groups. This unique social environment is invaluable for students preparing for people-oriented careers.

Academic Advisement

A. Academic Advisors

1. Pre-Physical Therapy Option- Scott Cheatham, Coordinator;
2. Physical Education: Teaching- Carole Casten, Coordinator; Lee Hancock
3. Fitness Director Option- George Wing, Coordinator; Gioella Chaparro

B. Undergraduate Students

1. New students need to download a University Catalog.
2. Students should initiate advisement by contacting their faculty advisor.
3. During their first advisement meeting, students will be given a copy of an advisement sheet for their academic program.
4. Transfer students should schedule an appointment with their faculty advisor and bring copies of their transcripts and course descriptions.
5. Each time students meet with their advisor they should bring a copy of their academic requirements printed from the MyCSUDH webpage.
6. Advisement must be sought each semester prior to registration.
7. Students' final advisement meeting should take place just before they file for graduation.

Preparation

High school students planning to seek a Bachelor of Arts in Physical Education should:

- enroll in a physical education class each semester and develop skills in many activities.
- participate in an interscholastic sport and/or dance production.
- work on oral communication skills by enrolling in a speech class.
- work on writing skills in English classes.
- work on math skills up to, and including, Algebra II.
- study biology and physiology. Physics is also recommended.
- take advantage of elective classes in graphic design and psychology.
- master computer skills including word processing and typing.
- seek part-time employment in physical activity programs (summer camps, youth sports programs, playgrounds, private fitness clubs, recreation centers, dance studios, etc.).
- volunteer to serve at athletics and dance events as an organizer, official, score keeper, fund raiser or assistant.
- earn certification from the American Red Cross in First Aid, CPR, Lifeguarding and Water Safety Instructor.

If students are planning to transfer to CSU Dominguez Hills from a community college, the Division suggests taking courses that are equivalent to its lower division physical education requirements. These courses include Anatomy; Physiology; First Aid and CPR; and a variety of activity classes in Physical Education and Dance.

Helpful Hints

1. Students should seek advisement regularly.
2. Students should keep the advisement sheet up-to-date and bring it with them whenever they meet with their advisor. Each semester students should enroll in a physical education activity class to broaden their knowledge and keep physically active.
3. Students should begin by taking lower division courses first.

- Single Field Teaching Option majors should consider additional coursework in science, math, since teaching proficiency in these areas is still in demand. It also would benefit future teachers to gain speaking proficiency in Spanish and mastery level proficiency in technology use.
- Majors and minors should maintain a model level of physical fitness and wellness.
- Students should regularly check the bulletin boards located outside the Division office for job opportunities and important announcements related to their educational goals.

Career Opportunities

A B.A. in Physical Education offers four options in the major. The Pre-Physical Therapy Option provides some of the prerequisites for Physical Therapy schools and can serve as a pre-medical preparation program. The Fitness Director Option enables students to assume leadership positions in fitness establishments in both public and private sectors. The Physical Education Teaching Option is designed for students seeking a teaching career in elementary or secondary physical education, or planning to enter graduate programs in preparation for teaching careers at the college or university levels.

Within the Physical Education Minor, two options are offered. The Coaching minor is for students planning to work as coaches in chosen areas of sports specialization. The Teaching minor qualifies credentialed teachers in other subject areas to teach Physical Education in grades K-9.

A Fitness Instructor Certificate is offered to meet the needs of individuals who are either presently employed or intend to seek employment as fitness instructors in health clubs, recreation centers, YM/WCAs or corporate fitness programs. Requirements for the certificate are based on guidelines established by the American College of Sports Medicine and the Association of Fitness in Business and Industry. The certificate can be completed independent of a bachelor's degree.

Student Organizations

The faculty encourages professional participation by sponsoring a Sports Medicine Club. The faculty also participates actively in professional organizations and activities, and encourages student involvement, which translates into a broad professional support system for faculty and students.

Graduation With Honors

An undergraduate student may be a candidate for graduation with Honors in Physical Education if he or she meets the following criteria:

- A minimum of 36 units in residence at CSU Dominguez Hills;
- A minimum grade point average of at least 3.5 in all courses used to satisfy the upper division requirements in the Physical Education major;
- Submission of a Honors Application form to the chair of the Division of Kinesiology and Recreation.
- Recommendation by the faculty in the Division of Kinesiology.

Bachelor of Arts in Physical Education Total Course Requirements for the Bachelor's Degree

See the "Requirements for the Bachelor's Degree (<https://catalog.csudh.edu/general-information/baccalaureate-degrees-undergraduate-studies/>)" in the University Catalog for complete details

on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.

Elective Requirements

Completion of elective courses (beyond the requirements listed below) to reach a total of a minimum of 120 units.

General Education Requirements (49 units)

See the "General Education (<https://catalog.csudh.edu/general-information/double-counting-general-education-courses/general-education/>)" requirements in the University Catalog or the Class Schedule for the most current information on General Education requirements and course offerings.

Graduation Writing Assessment Requirement

See the "Graduation Writing Assessment Requirement (<https://catalog.csudh.edu/general-information/graduate-writing-examination/>)" in the University Catalog.

Minor Requirements

No minor required.

Major Requirements (52-69 units)

The following courses, or their approved transfer equivalents, are required of all candidates for this degree.

All courses taken for all of the majors in Physical Education must be passed with a grade of "C" or higher.

All of the majors in Physical Education must provide a valid certification of First Aid and CPR at the time of graduation.

Common Core Requirements (20 units)

A. Lower Division Required Courses (7 units)

BIO 250 Elem Hum Anat & Physiol (3)
BIO 251 Elem Hum Anatomy Phys Lab (1)
KIN 223 Intro To Pe (3)

B. Upper Division Required Courses (13 units)

KIN 301 Kinesiology (3)
KIN 303 Exercise Physiology (4)
KIN 330 Somatic Education (3)
KIN 360 Prev & Treat Ath Injuries (3)

Students must select one of the options listed.

Fitness Director Option (52 units)

A. Common Core Requirements (20 units)

B. Lower Division Requirements (7 units)

KIN 111 Aerobics (1)
KIN 141 Martial Arts (1)
KIN 142 Physical Conditioning (1)
or
KIN 170 Weight Training (1)
KIN 156 Swimming/All Levels (1)
or
KIN 158 Swimming/Conditioning (1)
KIN 170 Weight Training (1)
or
KIN 142 Physical Conditioning (1)
KIN 235 Lifetime Fitness (3)

C. Upper Division Requirements (25 units)

KIN 300 Tests and Measurements in Physical Education (3)
KIN 304 Introduction to Adapted Physical Education (3)
KIN 305 Motor Learning (3)

KIN 310 Nutrition for Peak Performance (3)
 KIN 362 Principles of Athletic Training (3)
 KIN 462 Therapeutic Exercise (3)
 KIN 490 Senior Seminar in Physical Education (1)
 KIN 496 Internship (1-3)
 PSY 314 Behavior Modification (3)

Pre-Physical Therapy Option (65 units)

A. Common Core Requirements (20 units)

B. Lower Division Requirements (14 units)

BIO 120 Principles of Biology I (3)
 BIO 121 Principles of Biology Lab I (1)
 CHE 110 General Chemistry I (5)
 HEA 281 Medical Terminology: Radiology (1)
 PHY 120 Elements Of Physics I (4)

C. Upper Division Requirements (31 units)

KIN 300 Tests and Measurements in Physical Education (3)
 KIN 305 Motor Learning (3)
 KIN 310 Nutrition for Peak Performance (3)
 KIN 362 Principles of Athletic Training (3)
 KIN 363 Principles of Athletic Training Laboratory (1)
 KIN 461 Therapeutic Modalities (3)
 KIN 462 Therapeutic Exercise (3)
 KIN 463 Lower Extremity Assessment (3)
 KIN 464 Upper Extremity Assessment (3)
 KIN 493 Clinical Experiences in PT/AT (3)
 KIN 493 Clinical Experiences in PT/AT (3)

or

Two sections that will make up to total 31 units of Upper Division Requirement.

Teaching Option (64 units)

Students who wish to pursue the State of California Single Subject Teaching Credential in Physical Education should complete this program and additional requirements as listed in the Teacher Education section of this University Catalog. This option does not require an additional academic minor outside the field of Physical Education.

A. Common Core Requirements (20 units)

B. Lower Division Requirements (18 units)

1. Required Courses (15 units)

KIN 111 Aerobics (1)
 KIN 113 Social and Folk Dance Activity (1)
 KIN 114 Badminton (1)
 KIN 130 Golf (1)
 KIN 132 Gymnastics (1)
 KIN 141 Martial Arts (1)
 KIN 156 Swimming/All Levels (1)
 KIN 162 Tennis (1)
 KIN 233 Prac.in Phys.Act.Instruction (3)
 KIN 235 Lifetime Fitness (3)
 REC 260 Outdoor Education (1)

2. Select one course from the following (1 unit)

KIN 142 Physical Conditioning (1)
 KIN 170 Weight Training (1)

3. Select two from the following (2 units)

KIN 118 Basketball (1)
 KIN 150 Soccer/Outdoor (1)
 KIN 152 Softball (1)
 KIN 164 Volleyball (1)

C. Upper Division Required Courses (26 units)

KIN 300 Tests and Measurements in Physical Education (3)
 KIN 304 Introduction to Adapted Physical Education (3)
 KIN 302 Technology Methods in Physical Education and Recreation (3)
 KIN 305 Motor Learning (3)
 KIN 320 History and Philosophy of Physical Education (3)
 KIN 425 Pe In The Elementary Sch (3)
 KIN 426 Directed Teaching in Elementary Physical Education (2)
 KIN 448 Tchg Effect Sec PE (3)
 KIN 449 Dir Tchg In Sec PE (2)
 KIN 490 Senior Seminar in Physical Education (1)

Athletic Training Education Option

The division is not currently accepting students into the Athletic Training Education Option. For more information, please contact the Division of Kinesiology.

Dance Concentration

The division is currently not accepting students into the Dance concentration. For more information, please contact the Division of Kinesiology.

Minor in Coaching (24 units)

Requirements

A. Lower Division Requirements (7 units)

BIO 250 Elem Hum Anat & Physiol (3)
 BIO 251 Elem Hum Anatomy Phys Lab (1)
 KIN 218 First Aid And Cpr (3)

B. Upper Division Requirements (17 units)

KIN 301 Kinesiology (3)
 KIN 303 Exercise Physiology (4)
 KIN 305 Motor Learning (3)
 KIN 360 Prev & Treat Ath Injuries (3)
 KIN 470 Coaching Techniques for Selected Sports (2)
 KIN 496 Internship (1-3)

Minor in Teaching (22 units)

Requirements

A. Lower Division Requirements (11 units)

1. Required Courses (6 units)

KIN 113 Social and Folk Dance Activity (1)
 KIN 132 Gymnastics (1)
 KIN 223 Intro To Pe (3)
 REC 260 Outdoor Education (1)

2. Select two (2) courses from the following (2 units)

KIN 114 Badminton (1)
 KIN 130 Golf (1)
 KIN 141 Martial Arts (1)
 KIN 142 Physical Conditioning (1)
 KIN 162 Tennis (1)
 KIN 170 Weight Training (1)

3. Select two (2) courses from the following (2 units)

KIN 118 Basketball (1)
 KIN 150 Soccer/Outdoor (1)
 KIN 164 Volleyball (1)

B. Upper Division Requirements (11 units)

KIN 305 Motor Learning (3)
 KIN 425 Pe In The Elementary Sch (3)

KIN 448 Tchg Effect Sec PE (3)
 KIN 426 Directed Teaching in Elementary Physical Education (2)
 or
 KIN 449 Dir Tchg In Sec PE (2)

Certificate in Fitness Instructor (21 units)

The Fitness Instructor's Certificate is designed to meet the needs of individuals presently employed as fitness instructors in health clubs, recreation centers, YM/WCAs or corporate fitness programs. The certificate may be taken with or apart from a degree program, major or minor; and is available to students who satisfactorily complete the following requirements with a grade of "C" or higher in each course.

Requirements

A. Required Courses (19 units)

BIO 250 Elem Hum Anat & Physiol (3)
 BIO 251 Elem Hum Anatomy Phys Lab (1)
 KIN 111 Aerobics (1)
 KIN 142 Physical Conditioning (1)
 KIN 218 First Aid And Cpr (3)
 KIN 303 Exercise Physiology (4)
 KIN 360 Prev & Treat Ath Injuries (3)
 KIN 496 Internship (1-3)

B. Select two (2) courses from the following (2 units)

KIN 141 Martial Arts (1)
 KIN 156 Swimming/All Levels (1)
 KIN 170 Weight Training (1)
 KIN 171 Yoga (1)

Subject Matter Preparation Program in Physical Education

The Single Field Major in Physical Education: Teaching Option serves as a waiver for the National Teacher Exam in Physical Education. Students who plan to enter the State of California Single Subject Teaching Credential Program in Physical Education must complete the Single Field Major in Physical Education: Teaching Option. Students must earn a grade of "C" or better in all courses to be given waiver credit.

Students must also complete additional requirements as listed in the Teacher Education section of this University Catalog.

Supplementary Authorization in Physical Education

This authorization is designed for individuals credentialed to teach in other subject areas in grades K-9 and wish to add Physical Education to the subjects they are credentialed to teach.

The Teaching minor, listed under "Minor Requirements," meets the State of California requirements for Supplementary Authorization in Physical Education.

Subject Matter Preparation Program in Physical Education: Dance Concentration (66 units)

A Joint Campus Program

The California State University Dominguez Hills (CSUDH)-Loyola Marymount University (LMU) Joint Campus Subject Matter Preparation Program is designed for students interested in a career teaching dance at the secondary school level. The program aligns with the Physical

Education: Dance Concentration. To receive a Single Subject Credential, students must complete additional requirements listed in the Teacher Education section in this catalog.

A. Physical Education Course Requirements: CSUDH (45 units)

1. Lower Division Requirements (15 units)

a. Required Courses (12 units)

BIO 250 Elem Hum Anat & Physiol (3)
 BIO 251 Elem Hum Anatomy Phys Lab (1)
 KIN 130 Golf (1)
 KIN 132 Gymnastics (1)
 KIN 141 Martial Arts (1)
 KIN 156 Swimming/All Levels (1)
 KIN 218 First Aid And Cpr (3)

b. Select one from the following (1 unit)

KIN 111 Aerobics (1)
 KIN 142 Physical Conditioning (1)
 KIN 171 Yoga (1)

c. Select one from the following (1 unit)

KIN 118 Basketball (1)
 KIN 150 Soccer/Outdoor (1)
 KIN 152 Softball (1)
 KIN 164 Volleyball (1)

d. Select one from the following (1 unit)

KIN 114 Badminton (1)
 KIN 162 Tennis (1)

2. Upper Division Requirements (30 units)

a. Required Courses (22 units)

KIN 300 Tests and Measurements in Physical Education (3)
 KIN 301 Kinesiology (3)
 KIN 303 Exercise Physiology (4)
 KIN 305 Motor Learning (3)
 KIN 320 History and Philosophy of Physical Education (3)
 KIN 330 Somatic Education (3)
 KIN 360 Prev & Treat Ath Injuries (3)

b. Select one from the following (3 units)

KIN 425 Pe In The Elementary Sch (3)
 DAN 484 ()

c. Select one from the following (3 units)

KIN 448 Tchg Effect Sec PE (3)
 DAN 484 ()

d. Select one from the following (2 units)

KIN 426 Directed Teaching in Elementary Physical Education (2)
 KIN 449 Dir Tchg In Sec PE (2)
 DAN 484 ()

B. Dance Concentration Course Requirements: Loyola Marymount University (LMU) (21 units)

1. Lower Division Requirements (13 units)

DAN 120 Tap Dance (1)
 DAN 160 ()
 DAN 161 ()
 DAN 202 ()
 DAN 220 Modern Dance I (2)
 DAN 242 ()
 DAN 279 ()

2. Upper Division Requirements (8 units)**a. Required Courses (6 units)**

DAN 302 ()
 DAN 381 ()
 DAN 397 ()
 DAN 402 ()

b. Select two from the following (2 units)

DAN 144 ()
 DAN 390 ()
 DAN 394 ()
 DAN 396 ()
 DAN 397 ()

3. Recommended Coursework (0-7 units)

DAN 260 ()
 DAN 262 ()
 DAN 353 ()

DAN 384 (), DAN 484 () and DAN 485 (): Comparable courses offered at Loyola Marymount University which draw examples from dance.

Note: DAN 397 () may be repeated for up to two (2) units credit with different cultures selected

Requirements for Admission to the Graduate Programs in Education

Admission as a classified graduate student in Education requires:

1. admission to the University.
2. a baccalaureate degree Physical Education/Kinesiology from a regionally accredited college or university.
3. a minimum of 2.75 grade point average in the last 60 units of upper division course work attempted or a Miller's Analogies Test (MAT) score of 40 or above in lieu of the 2.75 GPA.
4. three letters of recommendations from individuals who can evaluate the applicant's potential for graduate study.
5. a personal interview with a faculty advisor or interview committee.
6. Completion of Graduation Writing Assessment Requirement (GWAR).

Admission Procedures

Students are strongly urged to apply by June 1 for the fall semester and November 1 for the spring semester; however, applications are accepted beyond those dates if room for new students exists. Exception: Deadlines for applications for admission to the Counseling Option are April 1 for fall semester and October 1 for spring semester.

All prospective graduate students, including CSU Dominguez Hills graduates, must file the following with the CSU Dominguez Hills Admissions Office:

1. An application for admission and a supplemental application for graduate admissions.
2. Two sets of official transcripts from all colleges and universities attended other than CSU Dominguez Hills.
3. A separate application with a copy of each transcript for the specific program to the Graduate Education Office.

A decision regarding admission will be made upon completion of university and program admission requirements.

Classified Standing

Students who satisfy all the requirements of program admission will be admitted with Classified Standing. Students accepted with Conditional Standing will have a semester to meet the conditions for Classified Standing. Upon completion of specified conditions, students must request that a Postbaccalaureate/Graduate Change of Objective form be filed by their advisor on their behalf.

Degree Requirements

The Master of Arts Degrees in Education require completion of 30 units of course work with a minimum 3.0 grade point average. A minimum of 21 semester units must be completed in residence. Courses taken previously may be used to meet the course content requirements of a graduate program if they have been completed within the seven years immediately preceding the completion of the requirements for the degree. However, no courses may apply toward the required number of units of approved graduate work that have been used to meet the requirements of another degree.

Students may take up to seven years to complete the course work, including the thesis or exams. Course work that does not meet the seven-year deadline will have to be repeated and/or replaced by other courses with the approval of the program advisor.

A Graduation Writing Assessment Requirement must be met by all students prior to classified standing. This requirement can be met on the CSU Dominguez Hills campus by attaining a passing score of "8" on the GWE or with a passing grade of at least a "B" in one of the certified courses on this campus. Education students typically take ENG 350 Advanced Composition (3) to meet this requirement.

In addition to the major requirements, students must meet all university requirements for the master's degree. Students should consult the section of the catalog entitled "Requirements for the Master's Degree."

Completion of Degree

Prior to the completion of 21 semester units (including core courses) the graduate student must select one of the following alternatives unless otherwise specified:

Alternative I: Course work and Thesis (30 units)

1. Complete approved program with a minimum of 24 units of course work with at least a B (3.0) average (including core courses).
2. Complete approved thesis or creative project (6 units). See advisor for thesis preparation guidelines. Students must have the approval of a faculty thesis advisor prior to enrolling for thesis credit.

Alternative II: Course work and Examinations (30 units)

1. Complete an approved program of 30 units of course work with at least a "B" (3.0) average (including core courses).
2. Pass a comprehensive written examination. After completion of all course work or during the last semester of course work, the M.A. degree candidate may apply to take the comprehensive examination. There is only one retake opportunity.

Master of Arts in Education Physical Education Administration Option (30 units)

Physical Education Administration Option (30 units)

The Physical Education Administration option is structured as a differential tuition program, with graduates completing a total of 30 units. Students will complete 18 units (graduate education curriculum) under state support and 12 units (physical education curriculum) through Special Sessions.

I. Required Courses

The following courses constitute the program of study for the Master of Arts in Education: Physical Education Administration option. Students enrolling in graduate level physical education courses must have a degree in Physical Education, Kinesiology, Exercise Science, or Human Performance or have completed the prerequisite courses (outlined in section II below). All students receiving this degree must successfully complete these courses.

A. Core Courses (9 units)

Classes taken under state support.

- GED 500 Research Methods in Education (3)
- GED 501 Seminar in Learning and Development (3)
- GED 503 Socio-Cultural Issues in Education (3)

B. Graduate Education Required Courses (9 units)

Classes taken under state support.

C. Physical Education Required Courses (12 units)

Classes taken through Special Sessions.

- KIN 500 Seminar in Contemporary Issues/Topics and Trends in Physical Education (3)
- KIN 514 Seminar in Curriculum Development in Physical Education (3)
- KIN 516 Public Relations and Development (3)
- KIN 593 ()

II. Program Prerequisite Courses

Students who have **not** completed a degree in Physical Education, Kinesiology, Exercise Science, or Human Performance must complete all of the following courses before enrolling in 500 level physical education courses.

Prerequisite Courses

- BIO 250 Elem Hum Anat & Physiol (3)
- BIO 251 Elem Hum Anatomy Phys Lab (1)
- KIN 300 Tests and Measurements in Physical Education (3)
- KIN 301 Kinesiology (3)
- KIN 303 Exercise Physiology (4)
- KIN 448 Tchg Effect Sec PE (3)

Lower Division

- KIN 111 Aerobics (1)
- KIN 112 Aerobics: Step (1)
- KIN 113 Social and Folk Dance Activity (1)
- KIN 114 Badminton (1)
- KIN 116 Baseball (1)
- KIN 118 Basketball (1)
- KIN 125 Bicycling/All Levels/Velo (1)
- KIN 130 Golf (1)
- KIN 132 Gymnastics (1)
- KIN 141 Martial Arts (1)
- KIN 142 Physical Conditioning (1)

- KIN 145 Relaxation Techniques (1)
- KIN 150 Soccer/Outdoor (1)
- KIN 152 Softball (1)
- KIN 156 Swimming/All Levels (1)
- KIN 158 Swimming/Conditioning (1)
- KIN 162 Tennis (1)
- KIN 164 Volleyball (1)
- KIN 170 Weight Training (1)
- KIN 171 Yoga (1)
- KIN 180 Intramurals (1)

Availability, please see the list of tentative course offerings in the current Class Schedule.