

PHYSICAL EDUCATION, BACHELOR OF ARTS

Requirements

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 (43 units)

See the "General Education (<https://catalog.csudh.edu/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 (3 Units)

See the "Graduation Writing Assessment Requirement (<https://catalog.csudh.edu/general-information/baccalaureate-degrees-undergraduate-studies/gwar-certifying-courses/>)" section in the University Catalog.

Statutory Requirements: United States History, Constitution and American Ideals (6 Units)

See the "University Graduation Requirements (<https://catalog.csudh.edu/general-information/baccalaureate-degrees-undergraduate-studies/university-graduation-requirements/>)" section 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)

Code	Title	Hours
Lower Division Required Courses		
BIO 250	Elem Hum Anat & Physiol	3
BIO 251	Elem Hum Anatomy Phys Lab	1
KIN 223	Intro To Pe	3
Upper Division Required Courses		
KIN 301	Kinesiology	3
KIN 303	Exercise Physiology	4
KIN 330	Sport and Exercise Psychology	3

KIN 360	Prev & Treat Ath Injuries	3
Total Hours		20

Options

Students must select one of the options listed.

Fitness Director Option (52 units)

Code	Title	Hours
Common Core Requirements		
Complete common core courses		20
Lower Division Requirements		
KIN 111	Aerobics	1
KIN 141	Martial Arts	1
KIN 142	Physical Conditioning	1
or KIN 170	Weight Training	
KIN 156	Swimming/All Levels	1
or KIN 158	Swimming/Conditioning	
KIN 170	Weight Training	1
or KIN 142	Physical Conditioning	
KIN 235	Lifetime Fitness	3
Upper Division Requirements		
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
Total Hours		51-53

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.

Code	Title	Hours
Common Core Requirements		
Complete common core courses		20
Lower Division Requirements		
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
KIN 142	Physical Conditioning	1

or KIN 170	Weight Training	
Select two from the following:		2
KIN 118	Basketball	
KIN 150	Soccer/Outdoor	
KIN 152	Softball	
KIN 164	Volleyball	
Upper Division Requirements		
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
Total Hours		64

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.

- Demonstrate knowledge of and skills in a broad variety of motor skills and fitness activities; apply physical education knowledge to enhance motor skills and fitness in a variety of populations and conditions.
- Demonstrate knowledge and skills on biological and physical bases of movement and the changes that occur across the life span, within diverse populations, and under a variety of environmental conditions.
- Demonstrate knowledge and skills on behavioral and psychological bases of movement and the changes that occur across the life span, within diverse populations, and under a variety of environmental conditions.
- Demonstrate knowledge and skills on how motor skills are acquired and refined; how fitness is achieved and maintained across the life span and within diverse populations.
- Apply critical and creative thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions.
- Demonstrate knowledge of the conditions of safe practice in movement-related contexts across the life span within diverse populations; respond appropriately to common injuries occurring during physical activity.
- Demonstrate the ability to use the computer and other technology to support inquiry and professional practice in movement-related fields.
- Demonstrate the ability to apply measurement instruments and principles for qualitative and quantitative assessment of human performance.

- Demonstrate understanding of the scientific method and other systematic ways of knowing relative to research and scholarship in human movement.

Fitness Director Option Roadmaps

4- Year Roadmap

Course	Title	Hours
First Year		
Fall		
GE Area 1A Composition		3
GE Area 3A or 3B		3
GE Area 4A or 4B		3
Elective to meet 120 units		3
KIN 235	Lifetime Fitness (GE Area E)	3
Hours		15
Spring		
Elective to meet 120 units		3
GE Area 5A Physical Sciences OR 5B Biological Sciences		3
GE Area 2 Mathematical Concepts & Quantitative Reasoning		3
POL 101	American Institutions	3
HIS 101	History Of United States	3
Hours		15
Second Year		
Fall		
GE Area 1C Oral Communication		3
GE Area 5A Physical Sciences OR 5B Biological Sciences		3
GE Area B5C Science Laboratory		1
GE Area 4A or 4B		3
KIN 223	Intro To Pe	3
KIN 156 or KIN 158	Swimming/All Levels or Swimming/Conditioning	1
KIN 111	Aerobics	1
Hours		15
Spring		
GE Area 1B Critical Thinking		3
GE Area 6 Ethnic Studies		3
BIO 250	Elem Hum Anat & Physiol	3
BIO 251	Elem Hum Anatomy Phys Lab	1
KIN 142	Physical Conditioning	1
KIN 170	Weight Training	1
GE Area 3A or 3B		3
Hours		15
Third Year		
Fall		
KIN 301	Principles of Human Movement	3
KIN 300	Tests and Measurements in Physical Education (meets GWAR requirement)	3
GE Area 3UD Integrative Studies in the Humanities		3
KIN 330	Sport and Exercise Psychology (GWAR Satisfying Course)	3
Elective to meet 120		3
Hours		15
Spring		
KIN 303	Exercise Physiology	4
KIN 360	Prev & Treat Ath Injuries	3
KIN 141	Martial Arts	1
Elective to meet 120 units		3
GE Area 5UD Integrative Studies in Natural Sciences		3
Hours		14

Fourth Year

Fall		
PSY 314	Behavior Modification	3
GE Area 4UD Integrative Studies in the Social Sciences		3
KIN 362	Principles of Athletic Training	3
KIN 304	Introduction to Adapted Physical Education	3
KIN 305	Motor Learning	3
Hours		15
Spring		
KIN 496	Internship	3
KIN 462	Therapeutic Exercise	3
KIN 490	Senior Seminar in Physical Education	1
KIN 310	Nutrition for Peak Performance	3
Elective to meet 120 units		3
Elective to meet 120 units		3
Hours		16
Total Hours		120

2-Year Roadmap (transfer students)

Course	Title	Hours
First Year		
Fall		
KIN 301	Principles of Human Movement	3
KIN 300	Tests and Measurements in Physical Education (meets GEAR requirement)	3
GE Area 3UD Integrative Studies in the Humanities		3
KIN 330	Sport and Exercise Psychology (Satisfies GEAR Requirement)	3
Elective to meet 120		3
Hours		15
Spring		
KIN 303	Exercise Physiology	4
KIN 360	Prev & Treat Ath Injuries	3
KIN 141	Martial Arts	1
Elective to meet 120 units		3
GE Area 5UD Integrative Studies in Natural Sciences		3
Hours		14
Second Year		
Fall		
PSY 314	Behavior Modification	3
GE Area 4UD Integrative Studies in the Social Sciences		3
KIN 362	Principles of Athletic Training	3
KIN 304	Introduction to Adapted Physical Education	3
KIN 305	Motor Learning	3
Hours		15
Spring		
KIN 496	Internship	3
KIN 462	Therapeutic Exercise	3
KIN 490	Senior Seminar in Physical Education	1
KIN 310	Nutrition for Peak Performance	3
Elective to meet 120 units		3
Elective to meet 120 units		3
Hours		16
Total Hours		60

Teaching Option Roadmaps**4- Year Roadmap**

Course	Title	Hours
First Year		
Fall		
GE Area 1A English Composition		3
GE Area 3A or 3B		3
GE Area 4A or 4B		3
Elective to meet 120 units		3
KIN 235	Lifetime Fitness (GE Area E)	3
Hours		15
Spring		
GE Area 4A or 4B		3
GE Area 5A Physical Sciences OR 5B Biological Sciences		3
GE Area 2 Mathematical Concepts & Quantitative Reasoning		3
POL 101	American Institutions	3
HIS 101	History Of United States	3
Hours		15
Second Year		
Fall		
GE Area 1C Oral Communication		3
GE Area 5A Physical Sciences OR 5B Biological Sciences		3
GE Area 5C Science Laboratory		1
GE Area 3A or 3B		3
KIN 223	Intro To Pe	3
KIN Activity Required		1
KIN Activity Required		1
Hours		15
Spring		
GE Area 1B Critical Thinking		3
GE Area 6 Ethnic Studies		3
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 142	Physical Conditioning or Weight Training	1
KIN Activity Required		1
Hours		15
Third Year		
Fall		
KIN 301	Principles of Human Movement	3
KIN 425	Pe In The Elementary Sch	3
Elective to meet 120 units		3
KIN 233	Prac.in Phys.Act.Instruction	3
GEAR Satisfying Course		3
REC 260	Outdoor Education	1
KIN Activity Required		1
Hours		17
Spring		
KIN 303	Exercise Physiology	4
KIN 304	Introduction to Adapted Physical Education	3
KIN Activity Required		1
KIN 118	Basketball or Soccer/Outdoor or Softball or Volleyball	1
GE Area 5UD Integrative Studies in Natural Sciences		3
KIN 426	Directed Teaching in Elementary Physical Education	2
KIN Activity Required		1
Hours		15

Fourth Year

Fall		
KIN 305	Motor Learning	3
GE Area 4UD Integrative Studies in the Social Sciences		
KIN 330	Sport and Exercise Psychology	3
KIN 448	Tchg Effect Sec PE	3
KIN 360	Prev & Treat Ath Injuries	3
KIN 118	Basketball	1
or KIN 150	or Soccer/Outdoor	
or KIN 152	or Softball	
or KIN 152	or Softball	
or KIN 164	or Volleyball	
Elective to meet 120 units		1
Hours		14

Spring		
KIN 320	History and Philosophy of Physical Education	3
KIN 490	Senior Seminar in Physical Education	1
KIN Activity Required		1
KIN Activity Required		1
KIN 302	Technology Methods in Physical Education and Recreation	3
KIN 449	Dir Tchg In Sec PE	2
GE Area 3UD Integrative Studies in the Humanities		3
Hours		14
Total Hours		120

Spring

KIN 320	History and Philosophy of Physical Education	3
KIN 490	Senior Seminar in Physical Education	1
KIN Activity Required		1
KIN Activity Required		1
KIN 302	Technology Methods in Physical Education and Recreation	3
KIN 449	Dir Tchg In Sec PE	2
GE Area 5UD Integrative Studies in Natural Sciences		3
Hours		14
Total Hours		62

2-Year Roadmap (transfer students)

Course	Title	Hours
First Year		
Fall		
KIN 300	Tests and Measurements in Physical Education (if needed, or elective to meet 120 units)	3
KIN 301	Principles of Human Movement	3
KIN 425	Pe In The Elementary Sch	3
GE Area 3UD Integrative Studies in the Humanities		3
KIN 233	Prac.in Phys.Act.Instruction	3
REC 260	Outdoor Education	1
KIN Activity Required		1
Hours		17
Spring		
KIN 303	Exercise Physiology	4
KIN 304	Introduction to Adapted Physical Education	3
KIN 118	Basketball	1
or KIN 150	or Soccer/Outdoor	
or KIN 152	or Softball	
or KIN 164	or Volleyball	
GWAR satisfying course		3
KIN 426	Directed Teaching in Elementary Physical Education	2
KIN Activity Required		1
KIN Activity Required		1
Hours		15
Second Year		
Fall		
KIN 305	Motor Learning	3
GE Area 4UD Integrative Studies in the Social Sciences		3
KIN 330	Sport and Exercise Psychology	3
KIN 448	Tchg Effect Sec PE	3
KIN 360	Prev & Treat Ath Injuries	3
KIN 118	Basketball	1
or KIN 150	or Soccer/Outdoor	
or KIN 152	or Softball	
or KIN 164	or Volleyball	
Hours		16