KINESIOLOGY BA

More Information

Advising Requirement
Advising is mandatory for this program. Consult your department advisor or program coordinator for information.

E-advising Tools
Students are encouraged to use the interactive e-advising tools that have been designed to help them graduate within four years. These tools can be accessed through the Student Center.

The Bachelor of Arts in Kinesiology offers two academic options. Students learn in state-of-the-art labs in exercise physiology, biomechanics, pedagogy, adapted physical education, human anatomy, and strength and conditioning.

The option in physical education teacher education. This option prepares students to teach physical education in grades K-12.

The option in movement studies. This option prepares students for careers in personal training, coaching for youth through high-school-aged athletes, and other fields related to fitness and wellness.

Grading Requirement
All courses taken to fulfill program course requirements must be taken for a letter grade except those courses specified by the department as credit/no credit grading only.

Course Requirements for the Major: 52-65 units
Completion of the following courses, or their approved transfer equivalents, is required of all candidates for this degree. Courses in this program may complete more than one graduation requirement.

Basic computer literacy skills are required for the option in physical education teacher education and the option in outdoor education. The requirement may be met through select college courses (e.g. UNIV 101) or through prior experience.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Core</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 104</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>KINE 320W</td>
<td>Foundations of Exercise and Sport Psychology (W)</td>
<td>3</td>
</tr>
<tr>
<td>Major Option</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select one of the following options:</td>
<td>45-58</td>
<td></td>
</tr>
<tr>
<td>Physical Education Teacher Education (PETE) (p. 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Movement Studies (p. 2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor Education (p. 3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Units</td>
<td></td>
<td>52-65</td>
</tr>
</tbody>
</table>

Optional Adapted Physical Education Specialist Credential: 21 units
In order to complete the specialist credential in adapted physical education, students must obtain or be working toward a credential that authorizes them to teach physical education. This credential allows future physical education teachers to instruct individuals with disabilities in the public schools. These courses may be taken in addition to the
option in teacher education program, but are not required for that option or degree.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 315</td>
<td>Introduction to Adapted Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KINE 513</td>
<td>Programming in Disability Sport</td>
<td>3</td>
</tr>
<tr>
<td>KINE 514</td>
<td>Programming for Intellectual, Neurological, and Learning Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>KINE 515</td>
<td>Collaboration in Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>KINE 516</td>
<td>Motor Assessment for Individuals with Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>KINE 520</td>
<td>Interdisciplinary Autism Clinic</td>
<td>3</td>
</tr>
<tr>
<td>KINE 617</td>
<td>Fieldwork in Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total Units</strong></td>
<td><strong>21</strong></td>
</tr>
</tbody>
</table>

The Option in Movement Studies: 45-56 units

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 105</td>
<td>Introduction to Kinesiology</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Lower-Division Activity Breadth Courses:</strong></td>
<td></td>
</tr>
<tr>
<td>BIOL 103</td>
<td>Human Anatomy</td>
<td></td>
</tr>
<tr>
<td>KINE 202</td>
<td>Structural and Anatomical Kinesiology</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Select five courses from five of the seven groups below for no more than 10 units:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 125A</td>
<td>Beginning Scuba Diving</td>
<td></td>
</tr>
<tr>
<td>KINE 154A</td>
<td>Beginning Swimming</td>
<td></td>
</tr>
<tr>
<td>KINE 155</td>
<td>Lifeguard Training</td>
<td></td>
</tr>
<tr>
<td>KINE 351</td>
<td>Aquatics for the Adapted Instructor</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Dance, Tumbling, or Gymnastics:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 113L</td>
<td>Beginning Ballroom</td>
<td></td>
</tr>
<tr>
<td>KINE 113F</td>
<td>Beginning Ballroom</td>
<td></td>
</tr>
<tr>
<td>KINE 114L</td>
<td>Intermediate Ballroom</td>
<td></td>
</tr>
<tr>
<td>KINE 114F</td>
<td>Intermediate Ballroom</td>
<td></td>
</tr>
<tr>
<td>KINE 152</td>
<td>Introduction to Dance</td>
<td></td>
</tr>
<tr>
<td>KINE 170</td>
<td>African and Afro-Caribbean Dance</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Individual or Dual:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 134A</td>
<td>Beginning Golf</td>
<td></td>
</tr>
<tr>
<td>KINE 134B</td>
<td>Intermediate Golf</td>
<td></td>
</tr>
<tr>
<td>KINE 156A</td>
<td>Beginning Tennis</td>
<td></td>
</tr>
<tr>
<td>KINE 156B</td>
<td>Intermediate Tennis</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Outdoor Education/Recreation:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 117A</td>
<td>Cycling</td>
<td></td>
</tr>
<tr>
<td>KINE 121</td>
<td>Backpacking</td>
<td></td>
</tr>
<tr>
<td>KINE 123</td>
<td>Indoor Rock Climbing</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Personal Defense or Combatives:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 141A</td>
<td>Jujitsu and Self-Defense</td>
<td></td>
</tr>
<tr>
<td>KINE 141B</td>
<td>Intermediate Jujitsu and Self-Defense</td>
<td></td>
</tr>
<tr>
<td>KINE 142</td>
<td>Aikido</td>
<td></td>
</tr>
<tr>
<td>KINE 151</td>
<td>Tai-Chi Chuan</td>
<td></td>
</tr>
<tr>
<td>KINE 153</td>
<td>Mixed Martial Arts</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Team Sports:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 118A</td>
<td>Beginning Basketball</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Upper-Division Courses:</strong></td>
<td></td>
</tr>
<tr>
<td>KINE 321</td>
<td>Motor Development and Behavior</td>
<td>3</td>
</tr>
<tr>
<td>KINE 322</td>
<td>Biomechanics</td>
<td>4</td>
</tr>
<tr>
<td>KINE 323</td>
<td>Exercise Physiology</td>
<td>4</td>
</tr>
<tr>
<td>KINE 390</td>
<td>Principles of Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>KINE 489</td>
<td>Internship Seminar</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Advising Pattern Course Requirements:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>The following courses, or their approved transfer equivalents, are required depending upon the advising pattern chosen. Select one of the following patterns:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coaching and Administration (p. 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fitness and Wellness (p. 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Total Units</strong></td>
<td><strong>45-56</strong></td>
</tr>
</tbody>
</table>

Coaching and Administration Pattern: 24 units

Students wishing to pursue a career in coaching with any degree should consult a Kinesiology advisor. The California Interscholastic Federation (CIF) requires all individuals to acquire coaching certification. CIF has approved this pattern, and individuals who satisfactorily complete the coursework should fulfill the CIF requirements to become a certified coach. See your advisor to discuss career plans and appropriate selection of courses.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 134</td>
<td>Psychology of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>KINE 331</td>
<td>Principles of Team Sports</td>
<td>3</td>
</tr>
<tr>
<td>KINE 332</td>
<td>Principles of Individual Sports</td>
<td>3</td>
</tr>
<tr>
<td>KINE 345</td>
<td>Motor Learning and Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINE/SOCI 346</td>
<td>Sport and Society</td>
<td>3</td>
</tr>
<tr>
<td>KINE 430</td>
<td>Administration and Management of Sport and Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Select two of the following:</strong></td>
<td>6</td>
</tr>
<tr>
<td>KINE 247</td>
<td>World Sports and Games</td>
<td></td>
</tr>
<tr>
<td>KINE 316</td>
<td>Principles of Sports Injury Management</td>
<td></td>
</tr>
<tr>
<td>KINE 335</td>
<td>Youth Fitness</td>
<td></td>
</tr>
<tr>
<td>KINE 388</td>
<td>Personal Training</td>
<td></td>
</tr>
<tr>
<td>KINE 505</td>
<td>Exercise Behavior and Adherence</td>
<td></td>
</tr>
<tr>
<td>KINE 524</td>
<td>Biomechanical Analysis</td>
<td></td>
</tr>
</tbody>
</table>
KINE 530  Advanced Principles of Strength and Conditioning

Total Units 24

**Fitness and Wellness Pattern: 18 units**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 345</td>
<td>Motor Learning and Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINE 480</td>
<td>Exercise Testing and Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KINE 505</td>
<td>Exercise Behavior and Adherence</td>
<td>3</td>
</tr>
</tbody>
</table>

Select three of the following: 9

- KINE 247  World Sports and Games
- KINE 315  Introduction to Adapted Physical Activity
- KINE 316  Principles of Sports Injury Management
- KINE 335  Youth Fitness
- KINE/SOCI 346  Sport and Society
- KINE 386  Physical Activity Epidemiology
- KINE 482  Exercise Pathophysiology
- KINE 485  Seminar in Sports Medicine
- KINE 530  Advanced Principles of Strength and Conditioning

Total Units 18

**The Option in Outdoor Education: 58 units**

Admission to the outdoor education option is currently suspended. Please contact the Kinesiology Department for more information.

Basic computer literacy skills are required. The requirement may be met through select college courses (e.g. UNIV 101) or through prior experience.

Wilderness First Responder certification is a requirement for graduation with this degree. Please see the coordinator of the outdoor education program for a list of accepted WFR providers.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 334</td>
<td>Conservation Ecology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 222</td>
<td>Challenge Quest</td>
<td>3</td>
</tr>
<tr>
<td>KINE 224</td>
<td>Methods of Teaching Rock Climbing</td>
<td>3</td>
</tr>
<tr>
<td>KINE 226</td>
<td>Methods of Teaching Wilderness Living</td>
<td>4</td>
</tr>
<tr>
<td>KINE 227</td>
<td>Winter and the Mountain</td>
<td>4</td>
</tr>
<tr>
<td>KINE 228</td>
<td>Methods of Teaching Canoeing and Kayaking</td>
<td>3</td>
</tr>
<tr>
<td>KINE 460</td>
<td>Foundations of Outdoor Education</td>
<td>3</td>
</tr>
<tr>
<td>RHPM 240</td>
<td>Outdoor Recreation Management</td>
<td>3</td>
</tr>
<tr>
<td>RHPM 428</td>
<td>Legal Principles of Recreation, Hospitality, and Parks Management</td>
<td>3</td>
</tr>
<tr>
<td>RHPM/EDCI 448</td>
<td>Environmental Education</td>
<td>3</td>
</tr>
</tbody>
</table>

Select one of the following: 3

- KINE 315  Introduction to Adapted Physical Activity
- RHPM 326W  Recreation Therapy and Inclusion (W)

Select one of the following: 4

- KINE 322  Biomechanics
- KINE 323  Exercise Physiology

Select one of the following: 3

- KINE 461  Theory of Outdoor Leadership
- RHPM 301  Leadership and Supervision

**Professional Development**

- KINE 470  Outdoor Education Immersion Semester 1 15
- KINE 489L  Assistant Leadership Seminar 1

Total Units 58

1 The Immersion Semester may not be the right choice for all students. In these cases a student may select a total of 15 units from courses related to the profession with prior approval of their advisor.

**Electives Requirement**

To complete the total units required for the bachelor’s degree, select additional elective courses from the total University offerings. You should consult with an advisor regarding the selection of courses which will provide breadth to your University experience and possibly apply to a supportive second major or minor.

**Honors in the Major**

Honors in the Major is a program of independent work in your major. It requires six units of honors coursework completed over two semesters.

The Honors in the Major program allows you to work closely with a faculty mentor in your area of interest on an original performance or research project. This year-long collaboration allows you to work in your field at a professional level and culminates in a public presentation of your work. Students sometimes take their projects beyond the University for submission in professional journals, presentation at conferences, or academic competition. Such experience is valuable for graduate school and professional life. Your honors work will be recognized at your graduation, on your permanent transcripts, and on your diploma. It is often accompanied by letters of commendation from your mentor in the department or the department chair.

Some common features of Honors in the Major program are:

- You must take six units of Honors in the Major coursework. All six units are honors courses (marked by a suffix of H), and at least three of these units are independent study (399H, 499H, 599H) as specified by your department. You must complete each course with a minimum grade of B.
- You must have completed 9 units of upper-division coursework or 21 overall units in your major before you can be admitted to Honors in the Major. Check the requirements for your major carefully, as there may be specific courses that must be included in these units.
- Your cumulative GPA should be at least 3.5 or within the top 5% of majors in your department.
- Your GPA in your major should be at least 3.5 or within the top 5% of majors in your department.
- Most students apply for or are invited to participate in Honors in the Major during the second semester of their junior year. Then they complete the six units of coursework over the two semesters of their senior year.
- Your honors work culminates with a public presentation of your honors project.

Honors in the Major is not part of the Honors Program. Each department administers its own program. Please contact your major department or major advisor to apply.
See Bachelor’s Degree Requirements (https://catalog.csuchico.edu/undergraduate-requirements/bachelors-degree-requirements/) for complete details on general degree requirements. A minimum of 39 units, including those required for the major, must be upper division.

**General Education Requirements: 48 units**
See General Education (https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/) and the Class Schedule (http://www.csuchico.edu/schedule/) for the most current information on General Education Requirements and course offerings.

**Diversity Course Requirements: 6 units**
You must complete a minimum of two courses that focus primarily on cultural diversity. At least one course must be in US Diversity (USD) and at least one in Global Cultures (GC). See Diversity Requirements (https://catalog.csuchico.edu/undergraduate-requirements/diversity-requirements/) for a full list of courses. Most courses taken to satisfy these requirements may also apply to General Education (https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/).

**Upper-Division Writing Requirement**
Writing Across the Curriculum (EM 17-009 (http://www.csuchico.edu/prs/EMs/2017/17-009.shtml)) is a graduation requirement and may be demonstrated through satisfactory completion of four Writing (W) courses, two of which are designated by the major department. See Mathematics/Quantitative Reasoning and Writing Requirements (https://catalog.csuchico.edu/undergraduate-requirements/mathematicsquantitative-reasoning-writing-requirements/) for more details on the four courses. The first of the major designated Writing (W) courses is listed below.

- Any upper-division Writing (W) course

The second major-designated Writing course is the Graduation Writing Assessment Requirement (GW) (EO 665 (https://calstate.policystat.com/policy/9585618/latest/)). Students must earn a C- or higher to receive GW credit. The GE Written Communication (A2) (https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/#A2) requirement must be completed before a student is permitted to register for a GW course.