

# 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 (UNIV 101) or through prior experience.

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

## Major Option Course Requirements

Students must select one of the following options for completion of the major course requirements.

## The Option in Physical Education Teacher Education (PETE): 49 units

Standard first aid and cardiopulmonary resuscitation (CPR) certification are required.

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

Course	Title	Units
<b>Foundation</b>		
KINE 105	Introduction to Kinesiology	1
KINE 305	Philosophy of School Based Teaching Physical Education	3
KINE 306	Net Games & Self-defense for Teachers	3
KINE 308	Rhythms and Dance for Teachers	3
KINE 309	Developmentally Appropriate Physical Education for Children	3
KINE 312	Outdoor Education for Teachers	3
KINE 315	Introduction to Adapted Physical Activity	3
KINE 321	Motor Development and Behavior	3
KINE 322	Biomechanics	4
KINE 323	Exercise Physiology	4
KINE 335	Youth Fitness	3
KINE 410	Developmentally Appropriate Physical Education for Middle School Students	3
KINE 411	Assessment in Physical Education	3
KINE 484	Developmentally Appropriate Physical Education for High School Students	3
Select one of the following:		4
BIOL 103	Human Anatomy	
KINE 202	Structural and Anatomical Kinesiology	
<b>Activity Breadth</b>		
Select three units of activity breadth courses <sup>1</sup>		3
<b>Total Units</b>		<b>49</b>

<sup>1</sup> Select activity breadth courses such as: (KINE 113 - KINE 195).

### Additional Information

This option satisfies all requirements for subject matter competency in physical education for students pursuing a single subject teaching credential after completing the option in PETE, providing GPA standards are met (2.67 cumulative, or 2.75 in the major). For students applying to the Single Subject Teaching Credential program at California State University, Chico, it is recommended that elective courses include ENGL 471, EDTE 302, and EDTE 451. Consult with a Physical Education Teacher Education (PETE) advisor early for specific requirements and suggested electives that lead to supplementary authorizations to teach additional subjects in the state of California.

### 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.

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

The Option in Movement Studies: 45-56 units

Course	Title	Units
Lower-Division Activity Breadth Courses:		
KINE 105	Introduction to Kinesiology	1
Select one of the following:		4
BIOL 103	Human Anatomy	
KINE 202	Structural and Anatomical Kinesiology	
Select five courses from five of the seven groups below for no more than 10 units:		5-10
Aquatics:		
KINE 125A	Beginning Scuba Diving	
KINE 154A	Beginning Swimming	
KINE 155	Lifeguard Training	
KINE 351	Aquatics for the Adapted Instructor	
Dance, Tumbling, or Gymnastics:		
KINE 113L	Beginning Ballroom	
KINE 113F	Beginning Ballroom	
KINE 114L	Intermediate Ballroom	
KINE 114F	Intermediate Ballroom	
KINE 152	Introduction to Dance	
KINE 170	African and Afro-Caribbean Dance	
Individual or Dual:		
KINE 134A	Beginning Golf	
KINE 134B	Intermediate Golf	
KINE 156A	Beginning Tennis	
KINE 156B	Intermediate Tennis	
Outdoor Education/Recreation:		
KINE 117A	Cycling	
KINE 121	Backpacking	
KINE 123	Indoor Rock Climbing	
Personal Defense or Combatives:		
KINE 141A	Jujitsu and Self-Defense	
KINE 141B	Intermediate Jujitsu and Self-Defense	
KINE 142	Aikido	
KINE 151	Tai-Chi Chuan	
KINE 153	Mixed Martial Arts	
Team Sports:		
KINE 118A	Beginning Basketball	

KINE 118B	Intermediate Basketball
KINE 129	Flag Football
KINE 148A	Beginning Soccer
KINE 148B	Intermediate Soccer
KINE 162A	Beginning Volleyball
KINE 162B	Intermediate Volleyball
Weight Training or Fitness:	
KINE 116A	Cardio Conditioning Mix
KINE 166A	Beginning Weight Training
KINE 166B	Intermediate Weight Training
KINE 166V	Beginning Weight Training: Women
KINE 168	Core Strengthening
KINE 169	Yoga
KINE 169B	Intermediate Yoga
KINE 171	Mat Pilates

Upper-Division Courses		
KINE 321	Motor Development and Behavior	3
KINE 322	Biomechanics	4
KINE 323	Exercise Physiology	4
KINE 390	Principles of Strength and Conditioning	3
KINE 489	Internship Seminar	3

Advising Pattern Course Requirements		
The following courses, or their approved transfer equivalents, are required depending upon the advising pattern chosen. Select one of the following patterns:		18-24
Coaching and Administration (p. 2)		
Fitness and Wellness (p. 3)		

Total Units	45-56
-------------	-------

**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.

Course	Title	Units
KINE 314	Psychology of Coaching	3
KINE 331	Principles of Team Sports	3
KINE 332	Principles of Individual Sports	3
KINE 345	Motor Learning and Human Performance	3
KINE/SOCI 346	Sport and Society	3
KINE 430	Administration and Management of Sport and Fitness Programs	3
Select two of the following:		6
KINE 247	World Sports and Games	
KINE 316	Principles of Sports Injury Management	
KINE 335	Youth Fitness	
KINE 388	Personal Training	
KINE 505	Exercise Behavior and Adherence	
KINE 524	Biomechanical Analysis	

KINE 530	Advanced Principles of Strength and Conditioning	
<b>Total Units</b>		<b>24</b>

### Fitness and Wellness Pattern: 18 units

Course	Title	Units
KINE 345	Motor Learning and Human Performance	3
KINE 480	Exercise Testing and Prescription	3
KINE 505	Exercise Behavior and Adherence	3
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	
<b>Total Units</b>		<b>18</b>

### 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.

Course	Title	Units
<b>Foundation</b>		
BIOL 334	Conservation Ecology	3
KINE 222	Challenge Quest	3
KINE 224	Methods of Teaching Rock Climbing	3
KINE 226	Methods of Teaching Wilderness Living	4
KINE 227	Winter and the Mountain	4
KINE 228	Methods of Teaching Canoeing and Kayaking	3
KINE 460	Foundations of Outdoor Education	3
RHPM 240	Outdoor Recreation Management	3
RHPM 428	Legal Principles of Recreation, Hospitality, and Parks Management	3
RHPM/EDCI 448	Environmental Education	3
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 <sup>1</sup>	15
KINE 489L	Assistant Leadership Seminar	1
<b>Total Units</b>		<b>58</b>

<sup>1</sup> 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.