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.

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
--- | ---                         | ---
**Major Core**
BIOL 104 | Human Physiology           | 4
KINE 320W | Foundations of Exercise and Sport Psychology (W) | 3

**Major Option**
Select one of the following: 45-58

- Physical Education Teacher Education (PETE) Option (p. 1)
- Movement Studies Option (p. 2)
- Outdoor Education Option (p. 3)

**Total Units** 52-65

**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
--- | ---                         | ---
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 | Physiology of Exercise | 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

**Activity Breadth**
Select three units of activity breadth courses

**Total Units** 49

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 | Interdis Autism Clinic | 3
The Option in Movement Studies: 45-57 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:

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 139 Disc Golf
KINE 140 Ultimate Disk
KINE 156A Beginning Tennis
KINE 156B Intermediate Tennis

Outdoor Education/Recreation:
KINE 117A Bicycling
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 144A TaeKwonDo
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 149A Beginning Slow Pitch Softball
KINE 162A Beginning Volleyball
KINE 162B Intermediate Volleyball

Upper-Division Courses
KINE 321 Motor Development and Behavior 3
KINE 322 Biomechanics 4
KINE 323 Physiology of Exercise 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:

Coaching and Administration (p. 2)
Fitness and Wellness (p. 2)

Total Units 45-57

Coaching and Administration Pattern: 24-25 units

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: 6-7
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 524W Biomechanical Analysis (W)
KINE 530 Advanced Principles of Strength and Conditioning

Total Units 24-25

Fitness and Wellness Pattern: 18-19 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: 9-10

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 247</td>
<td>World Sports and Games</td>
<td>3</td>
</tr>
<tr>
<td>KINE 315</td>
<td>Introduction to Adapted Physical Activity</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>3</td>
</tr>
<tr>
<td>KINE/SOCI 346</td>
<td>Sport and Society</td>
<td></td>
</tr>
<tr>
<td>KINE 386</td>
<td>Sports Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 482</td>
<td>Exercise Pathophysiology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 485</td>
<td>Seminar in Sports Medicine</td>
<td>3</td>
</tr>
<tr>
<td>KINE 530</td>
<td>Advanced Principles of Strength and Conditioning</td>
<td></td>
</tr>
</tbody>
</table>

Total Units: 18-19

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 Requirements

<table>
<thead>
<tr>
<th>Course</th>
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<th>Units</th>
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</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 Systems</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>Methods and Materials for Environmental Education</td>
<td>3</td>
</tr>
</tbody>
</table>

Select one of the following: 3

<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></td>
</tr>
<tr>
<td>RHPM 326W</td>
<td>Recreation Therapy and Inclusion (W)</td>
<td></td>
</tr>
</tbody>
</table>

Select one of the following: 4

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 322</td>
<td>Biomechanics</td>
<td></td>
</tr>
<tr>
<td>KINE 323</td>
<td>Physiology of Exercise</td>
<td></td>
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</tbody>
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Select one of the following: 3

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 461</td>
<td>Theory of Outdoor Leadership</td>
<td></td>
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<tr>
<td>RHPM 301</td>
<td>Leadership and Supervision</td>
<td></td>
</tr>
</tbody>
</table>

Professional Development

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 470</td>
<td>Outdoor Education Immersion Semester</td>
<td>15</td>
</tr>
<tr>
<td>KINE 489L</td>
<td>Assistant Leadership Seminar</td>
<td>1</td>
</tr>
</tbody>
</table>

Total Units: 58

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 6 units of honors course work 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 6 units of Honors in the Major course work. All 6 units are honors classes (marked by a suffix of H), and at least 3 of these units are independent study (399H, 499H, 599H) as specified by your department. You must complete each class with a minimum grade of B.
- You must have completed 9 units of upper-division course work 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 6 units of course work over the two semesters of their senior year.
- Your honors work culminates with a public presentation of your honors project.

While Honors in the Major is 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 U.S. 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/mathematics-quantitative-reasoning-writing-requirements/) for more details on the four courses. The first of the major designated Writing (W) courses is listed below.

• KINE 524W Biomechanical Analysis (W)
• Or choose from 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.