

PHYSICAL EDUCATION MINOR

Students interested in adding physical education teaching skills to their major course of study can enroll in the Minor in Physical Education. Students will learn the basic functions of the body and the study of human movement, and will be prepared to teach physical education and develop physical education curriculum.

Course Requirements for the Minor

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

Consult with an academic advisor to plan your program carefully. For example, this minor may serve as part of a supplementary authorization to teach physical education.

Written Notice

Departmental approval is required before you begin coursework for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.

Course	Title	Units
BIOL 104	Human Physiology	4
KINE 322	Biomechanics	4
KINE 323	Exercise Physiology	4
Select two of the following:		6
KINE 315	Introduction to Adapted Physical Activity ¹	
KINE 320W	Foundations of Exercise and Sport Psychology (W) ¹	
KINE 321	Motor Development and Behavior ¹	
KINE 345	Motor Learning and Human Performance ¹	
Select three of the following:		9
KINE 302	Foundations of Childhood Physical Education	
or KINE 309	Developmentally Appropriate Physical Education for Children	
KINE 305	Philosophy of School Based Teaching Physical Education	
KINE 314	Psychology of Coaching	
KINE 315	Introduction to Adapted Physical Activity ¹	
KINE 316	Principles of Sports Injury Management	
KINE 320W	Foundations of Exercise and Sport Psychology (W) ¹	
KINE 321	Motor Development and Behavior ¹	
KINE 331	Principles of Team Sports	
KINE 332	Principles of Individual Sports	
KINE 345	Motor Learning and Human Performance ¹	
KINE 346	Sport and Society	
KINE 386	Sports Epidemiology	
KINE 390	Principles of Strength and Conditioning	
KINE 410	Developmentally Appropriate Physical Education for Middle School Students	
KINE 411	Assessment in Physical Education	
KINE 430	Administration and Management of Sport and Fitness Programs	
KINE 480	Exercise Testing and Prescription	

KINE 524 Biomechanical Analysis

Total Units

27

¹ The following courses cannot be applied in more than one category above: KINE 315, KINE 320W, KINE 321, and KINE 345.