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
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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
- KINE 320W | Foundations of Exercise and Sport Psychology (W)
- KINE 321 | Motor Development and Behavior
- KINE 345 | Motor Learning and Human Performance

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
- KINE 316 | Principles of Sports Injury Management
- KINE 320W | Foundations of Exercise and Sport Psychology (W)

- KINE 321 | Motor Development and Behavior
- KINE 331 | Principles of Team Sports
- KINE 332 | Principles of Individual Sports
- KINE 345 | Motor Learning and Human Performance
- 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.