

# BACHELOR OF SCIENCE IN KINESIOLOGY: CONCENTRATION IN INTEGRATED TEACHER EDUCATION PROGRAM IN PHYSICAL EDUCATION

The Department of Kinesiology offers a Bachelor of Science in Kinesiology with concentrations in Exercise and Movement Sciences, and in Integrated Teacher Education Program in Physical Education. Both concentrations require a set of pre-major prerequisites and core requirements, some of which may be utilized to fulfill general education requirements, and which establish the framework for the study of movement, skills, and physical activity from a variety of perspectives. In addition, a set of concentration-specific courses serves the purpose of preparing the student for specific careers and/or graduate study within the field or related disciplines. Students must select one of the two concentrations.

- All courses including physical activity courses used to satisfy completion of major requirements must be taken for a letter grade. No CR/NC grades may be used on the major petition for graduation.
- Students majoring in Integrated Teacher Education Program in Physical Education must earn a grade of C or higher in all required Kinesiology theory courses and grade of B or higher in all movement-based courses.
- It is recommended that students graduate with some form of certification to enhance employment opportunities, such as those provided by the American Red Cross, the American College of Sports Medicine, ACE, Senior Fitness Certificate, AFAA, or the National Coaching Association. See an advisor for suggestions and/or additional possibilities.

## Bachelor of Science

Each concentration within the B.S. commences with a foundation in science, mathematics, and kinesiology, and a sequence of required core courses designed to progressively develop the students' knowledge of movement, skill, and physical activity.

The graduating student will have the skills and knowledge to engage in the observation, analysis, and measurement of movement, fitness, learning, skill, and physical activity; will have the tools and knowledge to engage in synthesis and systematic inquiry; and will be capable of using necessary computerized programs and supporting technologies for systematic inquiry and/or professional practice.

The Integrative Physical Education Teaching Education degree is designed to prepare physical educators to deliver quality physical education classes at the K-12 levels.

The mission of the concentration program Area in Physical Education Teaching Education in the Department of Kinesiology at San Francisco State University is to prepare physical educators to deliver quality physical education classes at the K-12 levels. The Single-Subject Credential in Physical Education is an integrated program offered jointly by the Department of Kinesiology and the Graduate College of

Education. Through this program we educate and certify teachers to teach physical education in public and private K-12 school. The emphasis on pedagogical knowledge during the early field experience, pre-service and in-service teaching experience, provides the learning environment for teachers to develop the necessary skills to educate a diverse student population to be physically educated individuals for lifelong physical activity.

## Program Learning Outcomes

Students who complete the concentration in Physical Education should be able to:

1. Demonstrate understanding of the philosophical, historical, and legal/ethical foundations of physical education.
2. Demonstrate understanding of human growth and development processes, as well as how these processes interact with and influence motor learning, in order to teach movement knowledge and skills.
3. Demonstrate understanding of the scientific bases of human movement to guide students in meeting the goals identified in the California Standards for Teaching Preparation.
4. Demonstrate an understanding of the sociology and psychology of human movement in which physical activity provides a context for a broad range of experiences that can be used to promote the personal and social developmental concepts and skills contained in the CCTC Standards.
5. Demonstrate an understanding of the movement concepts and forms contained in the CCTC Standards.
6. Demonstrate an understanding of assessment principles and procedures in order to be able to evaluate the effectiveness of physical education strategies and activities in promoting student achievement of the goals presented in the CCTC Standards.
7. Demonstrate an understanding of the integration of themes and concepts in physical education and the interrelationships between physical education and other subject matter in order to create effective learning environments and experiences that provide students with opportunities to achieve the goals contained in the CCTC Standards.

## Bachelor of Science in Kinesiology: Concentration in Integrated Teacher Education Program in Physical Education - 134-135 units General Education Requirements Met in the Kinesiology Major or Undeclared with Interest in Kinesiology

The requirements below are deemed "met in the major" upon completion of the courses listed (even though the courses and their prerequisites are not approved for GE). This is true whether or not the student completes the major.

- Area B2 (Life Science) is satisfied upon completion of either [BIOL 212](#) and [BIOL 220](#) or [BIOL 328](#).

## Pre-Major Prerequisites (17–18 Units)

Code	Title	Units
<a href="#">BIOL 100</a> & <a href="#">BIOL 101</a> or <a href="#">BIOL 230</a>	Human Biology and Human Biology Laboratory Introductory Biology I	4-5
<a href="#">BIOL 212</a>	Principles of Human Physiology	3

<a href="#">BIOL 220</a>	Principles of Human Anatomy	4
or <a href="#">BIOL 328</a>	Human Anatomy	
<a href="#">CHEM 101</a>	Survey of Chemistry	3
<a href="#">MATH 124</a>	Elementary Statistics	3

### Core Requirements (20 Units)

Code	Title	Units
<a href="#">KIN 384GW</a>	Research Methods in Kinesiology - GVAR	3
<a href="#">KIN 457</a>	Culture, Gender and Movement	3
<a href="#">KIN 480</a>	Anatomical Kinesiology	4
<a href="#">KIN 482</a>	Exercise Physiology	3
<a href="#">KIN 486</a>	Motor Learning	3
<a href="#">KIN 536</a>	Movement for Individuals with Mild Disabilities	4

### Concentration Requirements (27 Units)

Code	Title	Units
<a href="#">KIN 240</a>	Introduction to Teaching Physical Education	3
<a href="#">KIN 310</a>	Youth Development Instructional Analysis I	3
<a href="#">KIN 312</a>	Youth Development Instructional Analysis II	3
<a href="#">KIN 314</a>	Theory and Application of Fitness Training	3
<a href="#">KIN 331</a>	Peak Performance	3
<a href="#">KIN 401</a>	Elementary School Physical Education: K-5	3
<a href="#">KIN 487</a>	Motor Development	3
<a href="#">KIN 489</a>	History and Philosophy of Sport and Physical Activity	3
<a href="#">KIN 580</a>	Middle and High School Physical Education: Grades 6-12	3
<a href="#">KIN 581</a>	Practicum in Middle and High School Physical Education	1

### Credential Courses (36 units)

Code	Title	Units
<a href="#">KIN 750</a>	Curriculum and Instruction I: Physical Education	3
<a href="#">KIN 751</a>	Curriculum and Instruction II: Physical Education	3
<a href="#">S ED 640</a>	Supervised Observation and Participation in Public Schools	3
<a href="#">S ED 660</a>	Student Teaching - Single Subject	9
<a href="#">S ED 701</a>	Teaching for Equity in Secondary Schools	3
<a href="#">S ED 720</a>	Literacy Across Content Areas	3
<a href="#">S ED 751</a>	Classroom Environment and Management	3
<a href="#">S ED 752</a>	Professional Perspectives and Practices	3
<a href="#">S ED 790</a>	Second Language Development	3
<a href="#">S ED 800</a>	Adolescent Development	3

### Additional Required Experiences

The following experiences are required for satisfactory completion of the Physical Education Subject Matter Preparation Program. Students may complete these experiences in courses available at a college, university, or off-campus. However, these experiences do not bear credit toward completion of the major.

- Life Guard Training and Water Safety Instruction.
- First Aid-CPR Certification.

- Active participation in student CAHPERD, AAHPERD, and/or the Kinesiology Student Association, or other related professional organization.
- Gain experience in coaching, teaching physical education, recreation, or intramurals through working as a volunteer or paid assistant.

### Physical Education Teaching Credential Pathway

Each student in the Physical Education Teaching Education Program meets the CSU Early Field Experience requirement for the SF State Single Subject Credential Program of 45 hours and develops curriculum and instruction skills. Students enrolling in [KIN 581](#) are assessed through a version of the Performance Assessment for California Teachers (PACT) required for a credential that has been adapted for the development of beginning teaching skills, planning, assessment analysis, class video recording, and co-teaching. For curriculum and instruction, the courses [KIN 401](#) and [KIN 580](#) require that students present a curriculum, a unit plan, and a lesson plan for one grade level. The instructional analysis courses [KIN 310](#) and [KIN 312](#) refine teaching skills using specific pedagogical strategies for physical education content. In [KIN 384GW](#) students learn about assessment, data analysis, and different methods of providing feedback to K-12 students. For adapted physical education requirements, the same procedures are followed by [KIN 536](#), [KIN 538](#), [KIN 537](#), [KIN 539](#), and [KIN 630](#).

#### Application to the Credential Program

Students should formally apply to the Single Subject Physical Education Credential program when in the final semester of completing unit requirements (pre-requisites, 17-18 units; core requirements, 20 units; and physical education teaching education requirements, 22 units).

### Expectations for Student Performance

- Earn at least a C in each and all required KIN theory courses, and for credentialing purposes, at least a B in each and all movement experiences courses and all instructional analysis courses.
- Demonstrate an understanding of and possess demonstration-level skill competence in 12 activity areas. Students must pre-plan their routes to meet this requirement upon consultation with faculty and in conjunction with [KIN 240](#).

### Adapted Physical Education Curriculum

By completing the following courses, along with the Subject Matter Credential in Physical Education, a Specialist Credential in Adapted Physical Education can be achieved.

Code	Title	Units
<a href="#">KIN 536</a>	Movement for Individuals with Mild Disabilities	4
<a href="#">KIN 537</a>	Movement for Individuals with Severe Disabilities	3
<a href="#">KIN 538</a>	Therapeutic Exercise	3
<a href="#">KIN 539</a>	Motor Assessment of Individuals with Disabilities	3
<a href="#">KIN 630</a>	Internship in Adapted Physical Education	3

### General Education Requirements

Requirement	Course Level	Units	Area Designation
<a href="#">Oral Communication</a>	LD	3	A1
<a href="#">Written English Communication</a>	LD	3	A2
<a href="#">Critical Thinking</a>	LD	3	A3

<u>Physical Science</u>	LD	3	B1
<u>Life Science</u>	LD	3	B2
<u>Lab Science</u>	LD	1	B3
<u>Mathematics/Quantitative Reasoning</u>	LD	3	B4
<u>Arts</u>	LD	3	C1
<u>Humanities</u>	LD	3	C2
<u>Arts or Humanities</u>	LD	3	C1 or C2
<u>Social Sciences</u>	LD	3	D1
<u>Social Sciences: US History</u>	LD	3	D2
<u>Social Sciences: US &amp; CA Government</u>	LD	3	D3
<u>Lifelong Learning and Self-Development (LLD)</u>	LD	3	E
<u>Physical and/or Life Science</u>	UD	3	UD-B
<u>Arts and/or Humanities</u>	UD	3	UD-C
<u>Social Sciences</u>	UD	3	UD-D

#### SF State Studies

Courses certified as meeting the SF State Studies requirements may be upper or lower division in General Education (GE), a major or minor, or an elective.

<u>American Ethnic and Racial Minorities</u>	LD or UD	3	AERM
<u>Environmental Sustainability</u>	LD or UD	3	ES
<u>Global Perspectives</u>	LD or UD	3	GP
<u>Social Justice</u>	LD or UD	3	SJ

Note: LD = Lower-Division; UD = Upper-Division.

## First-Time Student Roadmap (4 Year)

Find the correct roadmap (A, B, C, or D):

1. Select the row that matches your English Course choice for A2.\*
2. Select the column that matches your QR Category (found at your student center under Math Alert).
3. Click the Roadmap that lines up with your row and column.

For example, if you are taking ENG 104 as your first English course and your student center math alert says you are QR Category III, you should choose Roadmap D.

Pathway	QR Cat I/II	QR Cat III/IV
<b>ENG 114</b>	<a href="#">Roadmap A</a>	<a href="#">Roadmap C</a>
<b>ENG 104/ENG 105</b>	<a href="#">Roadmap B</a>	<a href="#">Roadmap D</a>

## General Advising Information for Transfer Students

1. Before transfer, complete as many lower-division requirements or electives for this major as possible.
2. The following courses are not required for admission but are required for graduation. Students are strongly encouraged to complete these units before transfer; doing so will provide more flexibility in course selection after transfer.
  - a course in U.S. History
  - a course in U.S. & California Government

For information about satisfying the requirements described in (1) and (2) above at a California Community College (CCC), please visit <http://www.assist.org>. Check any geographically accessible CCCs; sometimes options include more than one college. Use ASSIST to determine:

- Which courses at a CCC satisfy any lower-division major requirements for this major;
- Which courses at a CCC satisfy CSU GE, US History, and US & CA Government.

Remedial courses are not transferable and do not apply to the minimum 60 units/90 quarters required for admission.

Additional units for courses that are repeated do not apply to the minimum 60 units required for upper-division transfer (for example, if a course was not passed on the first attempt or was taken to earn a better grade).

Before leaving the last California Community College of attendance, obtain a summary of completion of lower-division General Education units (IGETC or CSU GE Breadth). This is often referred to as a GE certification worksheet. SF State does not require delivery of this certification to Admissions, but students should retain this document for verifying degree progress after transfer.

Credit for Advanced Placement, International Baccalaureate, or College-Level Examination Program courses: AP/IB/CLEP credit is not automatically transferred from the previous institution. Units are transferred only when an official score report is delivered to SF State. Credit is based on the academic year during which exams were taken. Refer to the University Bulletin in effect during the year of AP/IB/CLEP examination(s) for details regarding the award of credit for AP/IB/CLEP.

Students pursuing majors in science, technology, engineering, and mathematics (STEM) disciplines often defer 6-9 units of lower-division general education in Areas C and D until after transfer to focus on preparation courses for the major. This advice does not apply to students pursuing associate degree completion before transfer.

## Transferring From Institutions Other Than CCCs or CSUs

Review SF State's lower-division General Education requirements. Note that, as described below, the four basic skills courses required for admission meet A1, A2, A3, and B4 in the SF State GE pattern. Courses that fulfill the remaining areas of SF State's lower-division GE pattern are available at most two-year and four-year colleges and universities.

Of the four required basic skills courses, a course in critical thinking (GE A3) may not be widely offered outside the CCC and CSU systems. Students should attempt to identify and take an appropriate course no

later than the term of application to the CSU. To review more information about the A3 requirement, please visit <http://bulletin.sfsu.edu/undergraduate-education/general-education/lower-division/#AAEL>.

Waiting until after transfer to take a single course at SF State that meets both US and CA/local government requirements may be an appropriate option, particularly if transferring from outside of California.

## **All Students Must Meet the Transfer Eligibility Requirements Outlined Below for Admission.**

For more information, visit the [Undergraduate Admissions section](#).

- Complete 60 or more transferable semester units or 90 or more quarter units
- Earn a college grade point average of 2.0 or better in all transferable courses. Non-local area residents may be held to a higher GPA standard.
- Be in good standing at the last college or university attended
- Complete 30-semester units (45-quarter units) of general education, including four basic skills courses:
  - a. One course in oral communication (same as CSU GE Area A1)
  - b. One course in written composition (same as CSU GE Area A2)
  - c. One course in critical thinking (same as CSU GE Area A3)
  - d. One course in mathematics or quantitative reasoning (same as CSU GE Area B4)
- The four basic skills courses and a minimum of 60 transferable semester units (90-quarter units) must be completed by the spring semester prior to fall admission, or by the fall semester prior to spring admission. Earn a "C-" or better grade in each basic skills course.