Bachelor of Science in Kinesiology: Concentration in Physical Education

The Department of Kinesiology offers a Bachelor of Science in Kinesiology with concentrations in Exercise and Movement Sciences, and 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 Physical Education and taking courses in Exercise Science Emphasis areas (i.e., Physiology of Fitness and Health; Fitness Programming in Youth and Elderly Populations) are required to show proof of current First Aid/CPR certification upon application for graduation. This can be obtained via receiving off-campus certification by an agency such as the American Red Cross.
- Students majoring 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 Concentration in Physical Education prepares students for entry to a teacher credentialing program and graduate related studies. The courses of study satisfy California State requirements for the Subject Matter Program in Physical Education and the departmental standards for competence in the subject matter of Physical Education. This degree emphasis will prepare students for advanced studies in physical education for elementary, middle and high schools. In addition, students who wish to pursue graduate studies will be well prepared to do so.

Program Learning Outcomes

Students who complete the concentration in Physical Education should have:

1. Knowledge of the philosophical, historical, and ethical/legal foundations of Physical Education as professional and educational standards
2. An understanding of human growth and development processes, as well as how these processes interact with and influence motor learning, to teach based on the physical education model Content Standards for California Public Schools
3. A broad and deep knowledge of the sciences related to human movement, analyzing motion and applying this knowledge considering individual differences, including individuals with disabilities
4. A broad and deep understanding of the sociology and psychology of human movement behavior.
5. Expertise in concepts and forms of movements and relate the human motor development curriculum to physical education design
6. Knowledge of assessment principles and procedures to evaluate the effectiveness of physical education strategies and activities
7. Understanding of the integration of themes and concepts in physical education and the interrelationships between physical education and other subject areas

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.

Kinesiology (B.S.): Concentration in Physical Education – 64–67 Units

Pre-Major Prerequisites (14–15 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Human Biology</td>
<td>4-5</td>
</tr>
<tr>
<td>&amp; BIOL 101</td>
<td>Human Biology Laboratory</td>
<td></td>
</tr>
<tr>
<td>or BIOL 230</td>
<td>Introductory Biology I</td>
<td></td>
</tr>
<tr>
<td>BIOL 220</td>
<td>Principles of Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>or BIOL 328</td>
<td>Human Anatomy</td>
<td></td>
</tr>
<tr>
<td>MATH 124</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>KIN 250</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

Core Requirements (18 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 251</td>
<td>Success in the Kinesiology Major</td>
<td>2</td>
</tr>
<tr>
<td>KIN 384GW</td>
<td>Research Methods in Kinesiology - GWAR</td>
<td>3</td>
</tr>
<tr>
<td>KIN 457</td>
<td>Culture, Gender and Movement</td>
<td>3</td>
</tr>
<tr>
<td>KIN 480</td>
<td>Anatomical Kinesiology</td>
<td>4</td>
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</tbody>
</table>
KIN 486  Motor Learning  
KIN 504  Sport and Exercise Psychology

**Concentration Requirements (27 Units)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 255</td>
<td>Health-Related Fitness and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>KIN 340</td>
<td>Orientation to Teaching Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>KIN 355</td>
<td>Science, Sport, and Fitness</td>
<td>3</td>
</tr>
<tr>
<td>KIN 401</td>
<td>Elementary School Physical Education, K-5</td>
<td>3</td>
</tr>
<tr>
<td>KIN 402</td>
<td>Practicum in Physical Education, N-5</td>
<td>1</td>
</tr>
<tr>
<td>KIN 487</td>
<td>Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>KIN 489</td>
<td>History and Philosophy of Sport and Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 536</td>
<td>Movement for Individuals with Mild Disabilities</td>
<td>4</td>
</tr>
<tr>
<td>KIN 580</td>
<td>Instructional Strategies for Middle and High School Physical Education, Grades 6-12</td>
<td>3</td>
</tr>
<tr>
<td>KIN 581</td>
<td>Practicum in Middle and High School Physical Education</td>
<td>1</td>
</tr>
</tbody>
</table>

**Movement Experiences (5–7 Units)**

With prior approval of advisor, select five to seven basic activity courses (one unit each) to satisfy the distribution shown below. Selections should broaden the student’s personal movement and skill vocabulary.

- Aquatics
- Dance (which must include folk dance)
- Martial Arts
- Team Sports
- Fitness
- Instructional Analysis

**Instructional Analysis**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 305</td>
<td>Instructional Analysis: Track, Field and Gymnastics</td>
<td>2</td>
</tr>
</tbody>
</table>

**Additional Subject Matter Requirements for the Single Subject Matter Preparation in Physical Education and Dance Program**

Students seeking the Physical Education and Dance Single Subject Credential or the Physical Education Subject Matter Preparation Program (approved 2009 by the CTC) are also required to complete the following courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 306</td>
<td>Instructional Analysis: Racquet Sports</td>
<td>2</td>
</tr>
<tr>
<td>KIN 307</td>
<td>Instructional Analysis: Basketball and Volleyball</td>
<td>2</td>
</tr>
<tr>
<td>KIN 308</td>
<td>Instructional Analysis: Fitness Activities</td>
<td>2</td>
</tr>
<tr>
<td>KIN 309</td>
<td>Instructional Analysis: Soccer and Softball</td>
<td>2</td>
</tr>
</tbody>
</table>

Students in the Physical Education Subject Matter Preparation Program must also complete an activity course in Individual Sports / Activities such as track, tennis, or gymnastics.

**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 Subject Matter Preparation 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 402 and 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 305, KIN 306, KIN 307, KIN 308 and KIN 309) 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.

**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 twelve activity areas. Students must pre-plan their routes to meet this requirement upon consultation with faculty and in conjunction with KIN 340.
- Successful completion of a fitness assessment test in conjunction with KIN 255.
- Demonstrate a high level of personal skill and coaching expertise in at least one sport.

**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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 536</td>
<td>Movement for Individuals with Mild Disabilities</td>
<td>4</td>
</tr>
<tr>
<td>KIN 537</td>
<td>Movement for Individuals with Severe Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>KIN 538</td>
<td>Therapeutic Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KIN 539</td>
<td>Motor Assessment of Individuals with Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>KIN 630</td>
<td>Internship in Adapted Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

**General Education Requirements**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Course Level</th>
<th>Units</th>
<th>Area Designation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Communication</td>
<td>LD</td>
<td>3</td>
<td>A1</td>
</tr>
</tbody>
</table>
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Written English Communication I  
LD 3 A2
Critical Thinking  
LD 3 A3
Written English Communication II  
LD 3 A4
Physical Science  
LD 3 B1
Life Science  
LD 3 B2
Lab Science  
LD 1 B3
Mathematics/Quantitative Reasoning  
LD 3 B4
Arts  
LD 3 C1
Arts or Humanities  
LD 3 C1 or C2
Humanities: Literature  
LD 3 C3
Social Sciences  
LD 3 D1
Social Sciences: US History  
LD 3 D2
Social Sciences: US & CA Government  
LD 3 D3
Lifelong Learning and Self-Development (LLD)  
LD or UD 3 E
Physical and/or Life Science  
UD 3 UD-B
Arts and/or Humanities  
UD 3 UD-C
Social Sciences  
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), in a major or minor, or an elective.

American Ethnic and Racial Minorities (AERM)  
LD or UD 3
Environmental Sustainability (ES)  
LD or UD 3
Global Perspectives (GP)  
LD or UD 3
Social Justice (SJ)  
LD or UD 3

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

First-Time Student Roadmap (4 Year)

This roadmap opens in a new tab (bulletin.sfsu.edu/colleges/health-social-sciences/kinesiology/bs-kinesiology-concentration-physical-education/roadmap).

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
   - a 2nd-semester course in written English composition

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, including 2nd-semester composition;

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 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.

Identify and complete a 2nd-semester written English composition course before transfer. This is usually the next course after the typical “freshman comp” course, with a focus on writing, reading and critical analytical skills for academic purposes, and developing skills in composing, revising, and the use of rhetorical strategies.

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 2.00 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.