# Bachelor of Science in Kinesiology: Concentration in Physical Education Roadmap

120 Total Units Required  
Minimum Number of Units in the Major: 64

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><strong>First Semester</strong></td>
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</tr>
<tr>
<td></td>
<td>MATH 124</td>
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<tr>
<td></td>
<td>GE Area A: Oral Communication (A1) or Critical Thinking (A3)</td>
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<tr>
<td></td>
<td>GE Area A: Written English Communication (A2)</td>
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<tr>
<td></td>
<td>GE Area C: Arts (C1) or Humanities (C2)</td>
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<tr>
<td></td>
<td>GE Area D: U.S. History (D2) or U.S. and California Government (D3)</td>
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<td><strong>Units</strong></td>
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<td><strong>Second Semester</strong></td>
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<tr>
<td></td>
<td>BIOL 100 &amp; BIOL 101</td>
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<tr>
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<td>GE Area A: Written English Communication II (A4) or (A2) Stretch II</td>
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<td>Movement Experience (5–7 Units Total)</td>
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<tr>
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<td>GE Area A: Oral Communication (A1) or Critical Thinking (A3)</td>
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<td>GE Area C: Arts (C1)</td>
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<td><strong>Third Semester</strong></td>
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<td>BIOL 220 or BIOL 328</td>
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<td>Movement Experience (5–7 Units Total)</td>
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<td>GE Area A: Written English Communication II (A4) if not already satisfied</td>
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<tr>
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<td>GE Area B: Physical Science (B1)</td>
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<td>GE Area C: Humanities: Literature (C3)</td>
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<td><strong>Units</strong></td>
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<td><strong>Fourth Semester</strong></td>
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<tr>
<td></td>
<td>KIN 250</td>
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<td>KIN 255</td>
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<td>Movement Experience (5–7 Units Total)</td>
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<td>GE Area B: Life Science (B2) and Laboratory Science (B3) if Not Already Satisfied</td>
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<td>GE Area D: U.S. History (D2) or U.S. and California Government (D3)</td>
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<td><strong>Units</strong></td>
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<td><strong>Fifth Semester</strong></td>
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<td>KIN 251</td>
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<td>KIN 355</td>
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<td>KIN 384GW</td>
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<td>Movement Experience (5–7 Units Total)</td>
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</table>
### GE Area UD–C: Upper Division Arts and/or Humanities (Consider SF State Studies Course)

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
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<tbody>
<tr>
<td>SF State Studies or University Elective</td>
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### Sixth Semester

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<tbody>
<tr>
<td>KIN 340</td>
<td>Orientation to Teaching Physical Education</td>
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<tr>
<td>KIN 457</td>
<td>Culture, Gender, and Movement</td>
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<tr>
<td>KIN 480</td>
<td>Anatomical Kinesiology</td>
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<tr>
<td>KIN 486</td>
<td>Motor Learning</td>
<td>3</td>
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<tr>
<td>SF State Studies or University Elective</td>
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<tr>
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### Seventh Semester

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<tr>
<th>Course</th>
<th>Description</th>
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<tbody>
<tr>
<td>KIN 401 &amp; KIN 402</td>
<td>Elementary School Physical Education, K-5 and Practicum in Physical Education, N-5</td>
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<tr>
<td>KIN 487</td>
<td>Motor Development</td>
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<tr>
<td>KIN 504</td>
<td>Sport and Exercise Psychology</td>
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<td>Movement Experience (5–7 Units Total)</td>
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<td>GE Area UD-D: Upper Division Social Sciences (Consider SF State Studies Course)</td>
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<td><strong>Units</strong></td>
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### Eighth Semester

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<th>Description</th>
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<tbody>
<tr>
<td>KIN 489</td>
<td>History and Philosophy of Sport and Physical Activity</td>
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<td>KIN 536</td>
<td>Movement for Individuals with Mild Disabilities</td>
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<tr>
<td>KIN 580</td>
<td>Instructional Strategies for Middle and High School Physical Education, Grades 6-12</td>
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<td>KIN 581</td>
<td>Practicum in Middle and High School Physical Education</td>
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<td>Movement Experience (5–7 Units Total)</td>
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<td>SF State Studies or University Elective</td>
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<tr>
<td><strong>Units</strong></td>
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</table>

**Total Units: 120-121**

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1. To avoid taking additional units, it is recommended that you meet LLD and **SF State Studies** requirements (AERM, GR ES, SJ) within your GE.

2. ENG 114 can only be taken if you complete Directed Self-Placement (DSP) and select ENG 114; if you choose ENG 104/ENG 105 through DSP you will satisfy GE Area A2 upon successful completion of ENG 105 in the second semester; multilingual students may be advised into alternative English courses.

3. **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
   - KIN 305 Instructional Analysis: Track, Field, and Gymnastics Floor Activities (2 units)