2009-11 Cal Poly Catalog

Kinesiology Department

BS KINESIOLOGY Flowchart

- 60 units upper division
- 2.0 GPA

* = Required in Major; also satisfies GE

Course sequencing: See flowcharts at www.csmadvising.calpoly.edu

MAJOR COURSES

1. KINE 208–KINE 229 Professional Activity .......... 6
2. KINE 250 Health Education (D4)* or
   KINE 255 Personal Health: A Multicultural
   Approach (D4)* (USCP)................................. 4
3. KINE 270 Orientation to Kinesiology .............. 4
4. KINE 280 First Aid/CPR .............................. 1
5. KINE 301 Functional Muscle Anatomy ............ 1
6. KINE 302 Biomechanics .......................... 4
7. KINE 303 Physiology of Exercise ................ 4
8. KINE 402 Motor Learning and Control ........... 4
9. KINE 407 Adapted Physical Activity .............. 4
10. KINE 411 Psycho/Social Aspects of Physical Act 4
11. KINE 451 Nutrition for Fitness and Sport ....... 5
12. KINE 461 Senior Project (1) or KINE 462 Honors
    Senior Project (2-4) .................................. 1-4
13. MATH 119 Pre-Calculus Trigonometry (B1)* .... 4
14. PHYS 118 Introductory College Physics ........ 4
15. STAT 217 Intro to Statistical Concepts and Methods or STAT 218 Applied Statistics-Life Sciences (B1)* ................................. 4
16. ZOO 331, 332 Human Anatomy & Physiol I, II (transfer equivalent ZOO 231, 232) ....................... 5,5

Total MAJOR COURSES ................................. 48-60

112-127

GENERAL EDUCATION (GE)

72 units required, 20 of which are specified in Major.

→See page 50 for complete GE course listing.
→Minimum of 12 units required at the 300 level.

Area A Communication (12 units)

1. A1 Expository Writing .................................. 4
2. A2 Oral Communication ................................ 4
3. A3 Reasoning, Argumentation, and Writing ......... 4

Area B Science and Mathematics (no add'l units req’d)

1. B1 Mathematics/Statistics * 8 in Major ............ 0
2. B2 Life Science * 4 in concentration .......... 0
3. B3 Physical Science * 4 in concentration ....... 0
4. B4 One lab taken with either a B2 or B3 course

Area C Arts and Humanities (20 units)

1. C1 Literature ............................................. 4
2. C2 Philosophy ......................................... 4
3. C3 Fine/Performing Arts ............................ 4
4. C4 Upper-division elective .......................... 4
5. Area C elective (Choose one course from C1-C4) 4

Area D/E Society and the Individual (16 units)

1. D1 The American Experience (40404) .......... 4
2. D2 Political Economy ................................ 4
3. D3 Comparative Social Institutions .......... 4
4. D4 Self Development (CSU Area E) * 4 in Major 0
5. D5 Upper-division elective (not in KINE) ....... 4

Area F Technology Elective (upper division) (4 units)

52

FREE ELECTIVES ............................................. 1-16

180

CONCENTRATIONS (select one)

1. Exercise Science and Health Promotion Concentration
   KINE 218 Aquatics ..................................... 2
   KINE 219 Progressive Resistive Strength Training 1
   KINE 304 Pathophysiology and Exercise .......... 3
   KINE 319 Measurement and Evaluation in Kine 4
   KINE 401 Managing Kinesiology Programs ...... 3
   KINE 408 Exercise and Health Gerontology .... 4
   KINE 434 Health Promotion Program Planning .. 4
   KINE 463 Clinical and Worksite Health Promotion Field Work ........................................... 3
   2. BIO 111/BIO 115/BIO 161 (B2/B4)* ............... 4
      Students select one of the following tracks...... 26-32

          1. Clinical Exercise Science Track (26-27)
             KINE 445; 446 or 406; 452; CHEM 111 or 127
             (B3); 312; 313 (5/29/09)
             Worksite Commercial Health and Fitness Track (28)
             KINE 354, 445, 450, 452; BUS 387; CHEM 110
             (B3)*; COMS 301; JOUR 312
             Health Education Specialist Track (30-32)
             KINE 305, 354, 405, 443, 450; CHEM 110 or
             111 (B3); COMS 418; FSN 210, MCRO 221

Teaching Concentration is inactive effective Summer 2009. The faculty are redesigning the curriculum in response to logistical and professional circumstances that impact the training of physical education teachers. A revised concentration is planned for 2011. Please contact the department for more information.

Teaching Concentration

1. KINE 218 Aquatics ..................................... 2
2. KINE 300 Planning Techniques in PE ........... 2
3. KINE 306 Assessment in K-12 Physical Education 2
4. KINE 308 Motor Development ...................... 2
5. KINE 309 Creative and Non-Traditional Games . 2
6. KINE 315 Field Sports ................................ 2

1. Students following the Exercise Science and Health Promotion Concentration should take KINE 212, KINE 220, KINE 227 and KINE 228.
2. Students interested in careers in the health professions should take BIO 161 in lieu of BIO 111/115, and CHEM 127 in lieu of CHEM 111.
KINE 316 Net/Wall Games *(removed 5/29/09) ...... 3
KINE 396 Outdoor Education .................................. 3
KINE 419 Physical Education Program Content in
    Elementary School ........................................... 3
KINE 421 Strategies for Teaching PE .................... 3
KINE 422 Teaching Elementary School PE .............. 4
KINE 423 Teaching Middle School PE ..................... 4
KINE 425 Teaching High School PE ....................... 4
KINE 443 Health Education for Teachers ............... 4
BIO 111 General Biology (B2&B4)* ........................ 4
CHEM 110 World of Chemistry (B3)* ....................... 4
DANC 381 Methods of Teaching Dance ................... 4

§2 54

Individualized Course of Study
KINE 218 Aquatics ............................................. 2
BIO 111 General Biology or BIO 161 Intro to Cell
    and Molecular Biology (B2&B4)*  ...................... 4
CHEM 110 or CHEM 111 or CHEM 127 (B3)* .... 4/5
Approved electives ............................................ 38
Select from the following:
    KINE 304, 405, 406, 445, 446; ANT 201;
    ART 101, 148; BIO 162; BIO 302/303/351;
    CHEM 128, 129, 312, 313, 316, 317, 318, 371;
    COMS 212, 418; FSN 210, 310, 315, 416;
    MCRO 224; PHIL 339; PHYS 122, 123;
    PSY 201/202, 256, 317, 330, 405; SCM 451;
    SOC 110

48-49