BS KINESIOLOGY
2007-09 Cal Poly Catalog
Kinesiology Department
Physical Education Bldg. (43), Room 453
(805) 756-2545

- 60 units upper division
- 2.0 GPA
- Satisfies General Education requirement
Course sequencing: See flowcharts at www.calpoly.edu/~cosamac

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 307 Adapted Physical Activity .................. 4
9. KINE 402 Motor Learning and Control ................ 4
10. KINE 411 Psycho/Social Aspects of Physical Act .. 4
11. KINE 408 Exercise and Health Promotion ......... 5
12. KINE 419 Physical Education Program Content in .. 5
13. KINE 420 Health Education (D4)* .................... 4
14. KINE 451 Nutrition for Fitness and Sport .......... 5
15. KINE 461 Senior Project (1) or KINE 462 Honors .. 1-4
16. MATH 118 Pre-Calculus Algebra (B1)* ............... 1-4
   (MATH 116 and MATH 117 are equivalent) ....... 4
17. PHYS 121 College Physics I (B3 & B4)* or PHYS .. 4
   X118 Introductory College Physics (7-13-07) .... 4
18. STAT 217 Intro to Statistical Concepts and Methods or STAT 218 Applied Statistics-Life Sciences (B1)* 4
19. ZOO 331, 332 Human Anatomy & Physiol I, II .. 5
   (transfer equivalent ZOO 231, 232) ................. 5,5
   Concentration courses (see below) (B2)* .......... 48-59

   112-126

GENERAL EDUCATION (GE)
- 72 units required; 20 units are in Major/Support.
- See page 56 for complete GE course listing.
- Minimum of 12 units required at the 300-400 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 Major ....................... 0
3. B3 Physical Science * 4 in Major ................. 0
4. B4 One lab taken with either a B2 or B3 course 0

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 ............................ 4

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

ELECTIVES .................................................. 180

CONCENTRATIONS (select one)
1. Exercise Science and Health Promotion Concentration
   Required courses (27)
   KINE 218 Aquatics or KINE 384 Water Safety
   Instructor (11-29-07) ................................... 2-4
   KINE 219 Progressive 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 Promotion for
   Senior Adults ........................................... 4
   KINE 434 Planning Health Promotion Programs:
   Theory and Practice ................................... 4
   KINE 463 Clinical and Worksite Health
   Promotion Field Work .................................. 3
   BIO 111/BIO 115/BIO 161 (B2/B4)* ............... 4

   Students select one of the following tracks ........ 26-32
2. Clinical Exercise Science Track (26-27)
   KINE 445, 446, 452; CHEM 111 or 127, 312, 313
   Worksite Commercial Health and Fitness Track (28)
   KINE 354, 445, 450, 452; BUS 387; CHEM 110;
   COMS 301; JOUR 312
   Health Education Specialist Track (30-32)
   KINE 305, 354, 405, 443, 450; FSN 210,
   FSN 310 or FSN 315 or PSY 205; MCRO 221;
   CHEM 110 or 111

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Teaching Concentration
KINE 300 Planning Techniques in PE ................... 3
KINE 306 Assessment in K-12 Physical Education ... 3
KINE 308 Motor Development .......................... 3
KINE 309 Creative and Non-Traditional Games ....... 3
KINE 315 Field Sports .................................. 3
KINE 316 Net/Wall Games .............................. 3
KINE 384 Water Safety Instructor .................... 4
KINE 396 Outdoor Education ........................... 3
KINE 419 Physical Education Program Content in
   Elementary School ....................................... 3

1. Students following the Exercise Science and Health Promotion
   Concentration should take KINE 211, KINE 212, KINE 218, KINE 220, KINE 227 and KINE 228, and one additional unit
   from KINE 208-229.
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.
BS Kinesiology, Teaching Concentration, continued

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 Comprehensive School Health Ed ........... 4
BIO 111 General Biology (B2)* ............................. 4
CHEM 110 World of Chemistry ............................ 4
DANC 381 Methods of Teaching Dance ................. 4

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Individualized Course of Study
KINE 218 Aquatics *or* KINE 384 Water Safety
   Instructor (11-29-07) ........................................ 2-4
BIO 111 General Biology *or* BIO 161 Intro to Cell
   and Molecular Biology (B2)* ............................... 4
CHEM 110 *or* CHEM 111 *or* CHEM 127............ 4/5
Advisor approved electives ............................ 38

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