2009-11 Cal Poly Catalog

Kinesiology Department

BS KINESIOLOGY Flowchart

- 60 units upper division
- 2.0 GPA
- GWR
- USCP

* = 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
KINE 218 Aquatics or KINE 230 Aquatic Fitness Activities (6/28/12) 1-2
KINE 250 Health Education (D4)* or
KINE 255 Personal Health: A Multicultural Approach or KINE 260 Women’s Health Issues (D4)* (USCP) (2/15/12) 4
KINE 270 Orientation to Kinesiology .................. 4
KINE 280 First Aid/CPR ................................ 1
KINE 301 Functional Muscle Anatomy .................. 1
KINE 302 Biomechanics .................................. 4
KINE 303 Physiology of Exercise .......................... 4
KINE 402 Motor Learning and Control .................. 4
KINE 407 Adapted Physical Activity ..................... 4
KINE 411 Psycho/Social Aspects of Physical Act .... 4
KINE 451 Nutrition for Fitness and Sport ............. 5
KINE 460 Experiential Sr. Project (1) or KINE 461 Senior Project (1) or KINE 462 Research Honors Senior Project (1-4 2-4) (5/10/11) 1-4
MATH 119 Pre-Calculus Trigonometry or MATH 141 Calculus I (B1)* (8/18/10) ................. 4
PHYS 118 Introductory College Physics ................. 4
STAT 219 Intro to Statistical Concepts and Methods or STAT 218 Applied Statistics-Life Sciences (B1)* ................................ 4
ZOO 331, 332 Human Anatomy & Physiol I, II 5,5
Concentration courses (see below) (B2)* .............. (7/17/12) 48-60
(6/28/12) 46-58

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)
A1 Expository Writing ..................................... 4
A2 Oral Communication .................................. 4
A3 Reasoning, Argumentation, and Writing .......... 4

Area B Science and Mathematics (no add'l units req’d)
B1 Mathematics/Statistics * 8 in Major ............. 0
B2 Life Science * 4 in concentration ............... 0
B3 Physical Science * 4 in concentration .......... 0
B4 One lab taken with either a B2 or B3 course .... 0

Area C Arts and Humanities (20 units)

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

Area D/E Society and the Individual (16 units)
D1 The American Experience (40404) ............... 4
D2 Political Economy ..................................... 4
D3 Comparative Social Institutions .................. 4
D4 Self Development (CSU Area E) * 4 in Major 0
D5 Upper-division elective (not in KINE) .......... 4

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

FREE ELECTIVES ........................................ 17-18
(6/28/12) ........................................... 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
2 Clinical Exercise Science Track (26-27)
KINE 445; 446 or 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

(7/17/12) ........................................... 54-60
(7/17/12) ............................................. 52-58

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.

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.
3 Students may substitute KINE 260, KINE 298, KINE 308, KINE 406, KINE 446, KINE 449, KINE 453, or KINE 454. (7/25/12)
### Teaching Concentration

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 218</td>
<td>Aquatics</td>
<td>2</td>
</tr>
<tr>
<td>KINE 300</td>
<td>Planning Techniques in PE</td>
<td>3</td>
</tr>
<tr>
<td>KINE 306</td>
<td>Assessment in K-12 Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>KINE 308</td>
<td>Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>KINE 309</td>
<td>Creative and Non-Traditional Games</td>
<td>3</td>
</tr>
<tr>
<td>KINE 315</td>
<td>Field Sports</td>
<td>3</td>
</tr>
<tr>
<td>KINE 316</td>
<td>Net/Wall Games (removed 5/29/09)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 396</td>
<td>Outdoor Education</td>
<td>3</td>
</tr>
<tr>
<td>KINE 419</td>
<td>Physical Education Program Content in Elementary School</td>
<td>3</td>
</tr>
<tr>
<td>KINE 421</td>
<td>Strategies for Teaching PE</td>
<td>3</td>
</tr>
<tr>
<td>KINE 422</td>
<td>Teaching Elementary School PE</td>
<td>4</td>
</tr>
<tr>
<td>KINE 423</td>
<td>Teaching Middle School PE</td>
<td>4</td>
</tr>
<tr>
<td>KINE 425</td>
<td>Teaching High School PE</td>
<td>4</td>
</tr>
<tr>
<td>KINE 443</td>
<td>Health Education for Teachers</td>
<td>4</td>
</tr>
<tr>
<td>BIO 111</td>
<td>General Biology or BIO 161 Intro to Cell and Molecular Biology (B2&amp;B4)*</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 110</td>
<td>World of Chemistry (B3)*</td>
<td>4</td>
</tr>
<tr>
<td>DANC 381</td>
<td>Methods of Teaching Dance</td>
<td>4</td>
</tr>
</tbody>
</table>

### Individualized Course of Study

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 218</td>
<td>Aquatics</td>
<td>2</td>
</tr>
<tr>
<td>BIO 111 General Biology or BIO 161 Intro to Cell and Molecular Biology (B2&amp;B4)*</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>CHEM 110 or CHEM 111 or CHEM 127 (B3)*</td>
<td>4/5</td>
<td></td>
</tr>
</tbody>
</table>

Approved electives.............................................................................. 38

Select from the following:
- 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 104, 121, 122, 123; PSY 201/202, 256, 306, 317, 330, 405; SCM 451; SOC 110

(12/14/10) (2/15/12) 
(7/17/12) (7/25/12)