

## Bachelor of Science in Physical Education

(This state-supported, face-to-face elevation was recommended by the Academic Senate on March 10, 2022 and originally approved by the President on May 3, 2022. After a recommendation from the Chancellor's office, the title of this elevated degree was updated from the BS in Physical Education – Teacher Education to the BS in Physical Education. Senate and Presidential approval occurred on June 29, 2022. The CSU Chancellor's Office approved on July 20, 2022.)

### Bachelor of Science in Physical Education (120 units)

The BS in Physical Education places emphasis on teaching public school PE to students with and without disabilities in preschool through grade 12 and includes concentrations in Adapted Physical Education (APE) and Physical Education K-12 (PE K-12). Prospective students should consult with the department's Single Subject Physical Education Advisor and/or Adapted Physical Education Advisor early to plan their program.

#### Careers:

Adapted Physical Education Teacher, K-12 Physical Education Teacher, sport/activity instructors (Junior Colleges and Universities), k-12 high school administrators (principals, vice-principals & school district superintendents).

#### Degree requirements:

##### Core Courses (15 units):

*Take all of the following courses:*

- KIN 201 - Introduction to Kinesiology (3 units)
- KIN 300 - Biomechanics of Human Movement (3 units)
- KIN 301 - Exercise Physiology (3 units)
- KIN 312 - Motor Control and Learning (3 units)
- KIN 332 - Sociocultural Dimensions of Sport and Human Movement (3 units)

##### Lower Division (26 units):

Take all of the following courses:

- BIOL 208 Human Anatomy or HHS 401 (4) - "C" or better
- BIOL 207 Human Physiology (4) - "C" or better
- KIN 149A Self-Defense (1) - "C" or better
- KIN 237 Techniques and Analysis of Aquatic Skills (2) - "C" or better

- KIN 250 Techniques of Basketball (1) - "C" or better
- KIN 251 Techniques of Flag Football (1) - "C" or better
- KIN 253 Techniques of Soccer (1) - "C" or better
- KIN 255 Techniques of Softball (1) - "C" or better
- KIN 257 Techniques of Volleyball (1) - "C" or better
- KIN 261 Techniques and Analysis of Fundamental Rhythms (2) - "C" or better
- KIN 264 Techniques of Golf (1) - "C" or better
- KIN 265 Techniques of Gymnastics (1) - "C" or better
- KIN 266 Techniques of Badminton (1) - "C" or better
- KIN 267 Techniques of Tennis (1) - "C" or better
- KIN 268 Techniques of Track and Field (1) - "C" or better
- KIN 270 Professional Practices in Public School Physical Education (3) - "C" or better

**Upper Division (19 units):**

*Take all of the following courses:*

- KIN 315 Motor Development (3) - "C" or better
- KIN 320 Adapted Physical Education (3) - "C" or better
- KIN 343 Techniques and Analysis of Fitness (2)
- KIN 370 Movement Theory and Practice of Elementary Physical Education (3) - "C" or better
- KIN 380 Principles, Organization and Management of Secondary School Physical Education (3) - "C" or better
- KIN 460 Applied Theory and Analysis of Non-Traditional Physical Education Games and Activities (2) - "C" or better

**Concentration Courses**

*Complete one of the following two concentration areas:*

**Adapted Physical Education Concentration = 9 units**

- KIN 387 Physical Activities for the Disabled (3) - "C" or better
- KIN 388 Program Planning and Instruction in Adapted Physical Education (3) - "C" or better
- KIN 427 Physical and Motor Assessment (3) - "C" or better

**Physical Education (K-12) Concentration = 9 units**

- KIN 457 Applied Theory of Teaching Team Sports (3) - "C" or better
- KIN 461 Applied Theory of Teaching Individual and Dual Sports (3) - "C" or better
- KIN 477 Measurement and Curriculum in Physical Education (3) - "C" or better

Note: A fieldwork or field experience requires current certification in First Aid (American Red Cross: Community First Aid & Safety or Emergency Response or Workplace Training: Standard First Aid or equivalent) and Cardiopulmonary Resuscitation (American Red Cross: Adult CPR or Adult, Infant & Child CPR or CPR for the Professional Rescuer; American Heart Association: Adult CPR or Adult, Infant & Child CPR or ACLS Provider or equivalent) prior to enrollment.

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**EFFECTIVE: Fall 2023**

- Plan: KPE\_BS07U1
- Career: Undergraduate
- CIP: 13.1314
- CSU Code: 08350
- College: 15, College of Health and Human Services
- Department: Kinesiology
- Delivery: Face-to-face
- Non-STEM