

BA in Kinesiology - Option in Physical Education- Teacher Education
Major Requirements Worksheet
2025-2026 Catalog

Name: _____ Student ID: _____

All KIN courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

Grade	Course Number & Title (units)	Prerequisites†
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Complete ALL of the specified core courses:

	KIN 201: Introduction to Kinesiology (3)	open to KIN and Pre-KIN majors
	KIN 300: Biomechanics of Human Movement (3) GE Area: 2UD (UD B)	a 'C' or better in BIOL 208 corequisite: KIN 201
	KIN 301: Exercise Physiology (3)	a 'C' or better in BIOL 207 corequisite: KIN 201
	KIN 312: Motor Control & Learning (3)	a 'C' or better in all of the following: BIOL 207, BIOL 208 corequisite: KIN 201
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) GE Area: Writing Intensive	open to Pre-KIN majors; exclude Freshman and Sophomores corequisite: KIN 201

Complete ALL of the following lower division courses:

	BIOL 207: Human Physiology (4) GE Area: 5B/5C (B2/B3)	GE Area 2 (B4) and one GE Area 1 (A) category
	BIOL 208: Human Anatomy (4)	a 'C' or better in one of the following: ART 372, BIOL 201, BIOL 205, BIOL 207, BIOL 212, BIOL 311, CHEM 140, DANC 261, or MICR 200 or MICR 211
	KIN 149A: Self Defense (1)	open to Pre-KIN majors
	KIN 237: Techniques & Analysis of Aquatic Skills (2)	none
	KIN 270: Professional Practices in Public School Physical Education (3)	GE 1A (A2) course corequisite: Community CPR/First Aid/Safety or current certification; see catalog for full details
	KIN 240: Techniques of Court Sports & Activities (2)	none; Fall Only
	KIN 241: Techniques of Racquet Sports & Activities (2)	none; Spring Only
	KIN 242: Techniques of Field Sports & Activities (2)	none; Spring Only
	KIN 243: Techniques of Lifetime Sports & Activities (2)	none; Fall Only
	KIN 244: Techniques of Body Movement & Control (2)	none; Fall Only
	KIN 268: Techniques of Track & Field (1)	none; Fall Only

Complete ALL of the following upper division courses:

	KIN 315: Motor Development (3)	BIOL 207; BIOL 208
	KIN 320: Adapted Physical Activity (3)	BIOL 208
	KIN 343: Techniques & Analysis of Physical Fitness & Activity (3)	KIN 270
	KIN 370: Movement Theory & Practice of Elementary Physical Education (3)	KIN 270
	KIN 380: Principles, Organization & Management of Secondary School Physical Education (3)	prerequisite: KIN 149A, KIN 240, 241, 242, 243, 244, 270, 370 corequisite: KIN 300, 301, 312, 343 recommended corequisite: EDSS 300P
	KIN 460: Applied Theory & Analysis of Non-Traditional Physical Education Games & Activities (2)	KIN 370; senior standing

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Choose & complete ONE concentration

☐ **Concentration in Adapted Physical Education: Complete the following courses:**

	KIN 387: Pedagogy in Adapted Physical Education (3)	KIN 320; fall only corequisite: KIN 427 recommended corequisite: KIN 489A
	KIN 388: Collaboration in Adapted Physical Education (3)	KIN 387; spring only recommended corequisite: KIN 489A
	KIN 427: Physical & Motor Assessment in Adapted Physical Education (3)	KIN 315, 320; fall only

☐ **Concentration in K-12 Physical Education: Complete the following courses:**

	KIN 457: Applied Theory of Teaching Team Sports (3)	KIN 240, 242, 270 senior standing; fall only
	KIN 461: Applied Theory of Teaching Individual & Dual Sports (3)	KIN 237, 243, 244, 268, 270 senior standing; spring only
	KIN 477: Measurement & Curriculum in Physical Education (3)	KIN 343, 370; fall only

†Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates

✓ GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at <https://www.csulb.edu/general-education-requirements>

✓ A 'C' or better is required in all courses

✓ **Total units required for PE: 66**