

BA in Kinesiology - Option in Physical Education- Teacher Education
Major Requirements Worksheet
2026-2027 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† |
|--|--|---|
| Complete ALL of the specified core courses: | | 15 units |
| | KIN 201: Introduction to Kinesiology (3) | open to KIN and Pre-KIN majors |
| | KIN 300: Biomechanics of Human Movement (3) GE Area: 2UD | 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: GVAR Writing Intensive | open to Pre-KIN majors; exclude Freshman and Sophomores corequisite: KIN 201 |

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|--|---|---|
| Complete ALL of the following lower division courses: | | 27 Units |
| | BIOL 207: Human Physiology (4) GE Area: 5B/5C | GE Area 2 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 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 |
| | KIN 260: Techniques in Adventure Education (2) | none; previously KIN 460 |
| | KIN 270: Professional Practices in Public School Physical Education (3) | GE 1A course recommended corequisite: Community CPR/First Aid/Safety or current certification; see catalog for full details |

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|--|---|---|
| Complete ALL of the following upper division courses: | | 15 Units |
| | 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 prerequisite/corequisite: KIN 300, 301, 312, 343 recommended corequisite: EDSS 300P |

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|-------|-------------------------------|----------------|

Choose & complete ONE concentration

Concentration in Adapted Physical Education: Complete the following courses:

9 Units

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| | 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:

9 Units

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| | 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 PETE option: 66