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: GWAR Writing Intensive**	*open to Pre-KIN majors; exclude Freshman and Sophomores* *corequisite: KIN 201*
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***
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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Grade	Course Number & Title (units)	Prerequisites†
Choose & complete ONE concentration		
	□ ***Concentration in Adapted Physical Education: Complete the following courses:***	**9 Units**
	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**
	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***