

2009-11 Cal Poly Catalog**Kinesiology Department****BS KINESIOLOGY****Flowchart**

☐ 60 units upper division

☐ GWR

☐ 2.0 GPA

☐ 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 250 Health Education (D4)* <i>or</i> KINE 255 Personal Health: A Multicultural Approach <i>or</i> KINE 260 <i>Women's Health Issues</i> (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) <i>or</i> KINE 461 Senior Project (1) <i>or</i> KINE 462 Research Honors Senior Project (1-4 2-4) (5/10/11)	1-4
MATH 119 Pre-Calculus Trigonometry <i>or</i> MATH 141 Calculus I (B1)* (8/18/10)	4
PHYS 118 Introductory College Physics	4
STAT 217 Intro to Statistical Concepts and Methods <i>or</i> STAT 218 Applied Statistics-Life Sciences (B1)*	4
ZOO 331, 332 Human Anatomy & Physiol I, II (transfer equivalent ZOO 231, 232)	5,5
Concentration courses (see below) (B2)*	48-60
	112-127

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	

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
	52
FREE ELECTIVES	1-16
	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)*Students select one of the following tracks

² Clinical Exercise Science Track (26-27)

KINE 445; **446 *or* 406**; 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

54-60

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.

Teaching Concentration

KINE 218 Aquatics	2
KINE 300 Planning Techniques in PE	3
KINE 306 Assessment in K-12 Physical Education	3
KINE 308 Motor Development	3
KINE 309 Creative and Non-Traditional Games	3
KINE 315 Field Sports	3

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.

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KINE 316 Net/Wall Games (removed 5/29/09)	3
KINE 396 Outdoor Education	3
KINE 419 Physical Education Program Content in Elementary School	3
KINE 421 Strategies for Teaching PE	3
KINE 422 Teaching Elementary School PE	4
KINE 423 Teaching Middle School PE	4
KINE 425 Teaching High School PE	4
KINE 443 Health Education for Teachers	4
BIO 111 General Biology (B2&B4)*	4
CHEM 110 World of Chemistry (B3)*	4
DANC 381 Methods of Teaching Dance	4
	57 54

Individualized Course of Study

KINE 218 Aquatics	2
BIO 111 General Biology <i>or</i> BIO 161 Intro to Cell and Molecular Biology (B2&B4)*	4
CHEM 110 <i>or</i> CHEM 111 <i>or</i> CHEM 127 (B3)*	4/5
Approved electives	38
Select from the following:	
KINE 304, 319, 405, 401, 406, 408, 445, 446;	
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)	
	48-49