

Bachelor of Arts in Physical Education: Fitness Director Option

The purpose of the Degree Roadmap is to serve as a guide for planning one's academic coursework required to complete a specific major semester by semester. Before enrolling, you can use the Degree Roadmap to get a feel for the courses you'll take in this major. After enrolling, refer to the University Catalog, Class Schedule and consult with your academic advisor each semester for advisement to specify which courses you will take to fulfill each graduation

requirement and are progressing toward graduation in a timely manner as possible. **The Degree Roadmap is subject to change and is NOT to be considered a replacement for advisement with an academic advisor.** See *University Catalog* for information on the Graduate Writing Assessment Requirement (GWAR). *See reverse side for General Education (GE) course requirements. **A minimum of 120 units are required for completion of degree.

Entry Level Skills Tests

English

EPT Waiver:	SAT I 500, ACT 22, AP 3 or EAP Exempted
Course Placement	120-140 ENG 88
Total Scores:	141-146 ENG 99
	143-146 ENG 195: satisfies ENG 99 & ENG 110
	147 ENG 110

Math

ELM Waiver:	SAT I & II 550, ACT 23, AP 3 or EAP	
Course Placement	00-40	MAT 3
Total Scores:	42-48	MAT 9
	50	G.E. Math

First Semester

Course		Units
GE A1*	Freshman Composition I	3
GE A2*	Logic/Critical Reasoning area	3
GE A3*	Oral Communication area	3
GE C1*	Humanities area	3
GE C2*	Humanities - Art Courses area	3

Second Semester

Course		Units
GE A1*	Freshman Composition II	3
GE B1*	Physical Sciences area	3
GE C3*	Humanities - Letters Courses area	3
GE D1*	Perspectives on Individuals, Groups, & Society area	3
GE D3*	Perspectives on U.S. History area	3

Third Semester

Course		Units
KIN 111	Aerobics	1
KIN 235	Lifetime Fitness	3
GE B2*	Life Science area	3
GE B3*	Science Laboratory area	1
GE D2*	Global & Historical Perspectives area	3
GE E*	The Whole Person area	3

Fourth Semester

Course		Units
BIO 250	Human Anatomy of Physiology	3
BIO 251	Human Anatomy and Physiology Lab	1
GE B4*	Quantitative Reasoning area	3-5
GE D4*	Perspectives on U.S. & California Government area	3

Fifth Semester

Course		Units
KIN 223	Introduction to Physical Education	3
KIN 301	Kinesiology	3
KIN 302	Tech. Methods in Physical Education	3
PSY 314	Behavior Modification	3
GE F1*	Studies in the Humanities area	3
GWAR	ENG 350 or GWE	0-3

Sixth Semester

Course		Units
KIN 142	Physical Conditioning	1
KIN 156	Swimming	1
KIN 300	Test/Measurement in PE	3
KIN 305	Motor Learning	3
KIN 310	Nutrition for Peak Performance	3
GE F2*	Studies in the Natural Sciences area	3
GE F3/G*	Studies in Social Sciences area/Cultural Pluralism area	3

Seventh Semester

Course		Units
KIN 218	First Aids & Cardiopulmonary Resuscitation	3
KIN 330	Somatic Education	3
KIN 360	Prevention & Treatment of Athletic Injury	3
REC 331	Programming in Recreation	3
REC 334	Therapeutic Recreation & Gerontology	3

Eighth Semester

Course		Units
KIN 141	Martial Arts	1
KIN 170	Weight Training	1
KIN 303	Exercise Physiology	4
REC 438	Commercial Recreation	3
KIN 490	Senior Seminar in Physical Education	1
KIN 496	Internship in Physical Education	3

Total Units: 114-119**

NOTE: Student's First Aid & CPR certification must be current at graduation check, or the student must take KIN 218. All courses in this major must be passed with a grade "C" or higher. This is a single field major. No minor required.

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Learn More

- To learn more about the B.A. in Physical Education at CSUDH, call the Kinesiology Division at (310) 243-3761, visit SAC 1138, or visit CSUDH.EDU/CHHSN.
- For more information on applying to CSUDH, visit CSUDH.EDU/FutureStudents.
- Apply online at CSUMENTOR.EDU.
- Career information, visit CSUDH.EDU/CareerCenter.

Faculty

Ben Zhou, Division Chair & Associate Professor Ph.D., Brigham Young University	Michael Ernst, Professor of Kinesiology & Recreation Ph.D., Arizona State University	James Maier, Head Coach, Softball M.A., Azusa Pacific University
Boice Bowman, Associate Professor of Kinesiology & Recreation Ed.D., Pepperdine University	Van Girard, Head Coach, Women's Basketball B.A., CSU, Long Beach	George Wing, Director of University Intramurals M.A., CSU, Chico
Carole Casten, Professor of Kinesiology & Recreation Ph.D., University of Southern California	Lee Hancock, Assistant Professor of Kinesiology Ph.D., Arizona State University	Toni Marich, Lecturer of Kinesiology & Recreation M.A., CSU, Dominguez Hills
	John L. Johnson, Professor of Kinesiology & Recreation Ed.D., University of California, Los Angeles	

Career Options

Career options in: Athletic Training Education Option, Pre-Physical Therapy Option, Fitness Director Option, Physical Education Teaching Option, Physical Education Dance Concentration, Coaching, Teaching, and Fitness Instructor Certificate is offered to meet the needs of individuals who are either presently employed or intend to seek employment as fitness instructors in clubs.

*General Education (GE) Requirements

A. **Basic Skills:**

Courses must be passed with a grade of "C" or higher.
 GE A1: ENG 110, ENG 111 (both required)
 GE A2: PHI 120 or PSY 110
 GE A3: THE 120
 GE A4: CSC 101 or LIB 150 (optional category)

B. **Area of the Natural Sciences and Quantitative Reasoning:**

Select one course from each category below. Category 4 courses must be passed with a grade of "C" or higher.
 GE B1: CHE 102, EAR 100, GEO 200, PHY 100
 GE B2: ANT 101, BIO 102
 GE B3: BIO 103, EAR 101, CHE 103
 GE B4: MAT 105, 131, 153, 171, 191, 193

C. **Area of the Humanities:**

Select one course from each category below.
 In categories 2 and 3, select courses from different departments.
 GE C1: HUM 200
 GE C2: ART 100, ART 101, CHS 125, COM 130, DAN 130, MUS 101, MUS 110, THE 100, THE 160
 GE C3: AFS 200, AFS 231, APP 101, CHS 100, CHS 205, ENG 230, FRE 220, HUM 212, PHI 101, PHI 102, SPA 151, SPA 221

D. **Area of the Social Sciences:**

Select one course from each category below.
 In categories 1 and 2, select courses from different departments.
 GE D1: AFS 212, AFS 220, ANT 100, APP 212, CHS 212, PSY 101, SOC 101, SOC 102, WMS 250

GE D2: AFS 201, ANT 102, CHS 200, GEO 100, HIS 120, HIS 121, POL 100
 GE D3: HIS 101
 GE D4: POL 101

E. **Objectives for Lifelong Learning and Self-Development:**

Select one course from the following.
 GE E: HEA 100, HSC 201, KIN 235, REC 100, UNV 101

F. **Upper Division Integrative Studies:**

Select one course from each category. Courses in this category are to be taken after 60 semester units and ALL lower division General Education courses have been completed.
 GE F1: HUM 310, 312, 314
 GE F2: SMT 310, 312, 314, 416
 GE F3: SBS 318¹

G. **Cultural Pluralism Requirement:**

Within their General Education selections or within other requirements, all students must take one course which addresses cultural pluralism (i.e. the impact of the integration of cultures).
 GE G: ANT 312, 336, 337, 338, 339, 340, 342, 389, CHS 300, HIS 305, MUS 401, PHI 383, SBS 318, SOC 322, SOC 331, SOC 383

¹ SBS 318 satisfies both F3 and G areas. Students will receive only three units credit, but will have met both requirements.