

Kinesiology: Teaching option

ADVISOR INFORMATION:

- **April Thomas, M.Ed. - aprilthomas@csudh.edu**
April is a full-time staff member who advises on General Education requirements as well as requirements for the major. Student appointment link: <https://csudh.campus.eab.com/pal/GbPvUdToBM>
- **Dr. Carole Casten - ccasten@csudh.edu**
Dr. Casten is a faculty member who advises on major requirements for the Teaching option of the Kinesiology major. Meeting with a faculty advisor every semester is recommended. She can be reached at the above email.
- **Dr. Lee Hancock - lhancock@csudh.edu**
Dr. Hancock is a faculty member who advises on major requirements for the Teaching option of the Kinesiology major. Meeting with a faculty advisor every semester is recommended. He can be reached 9:30-11:15am on Mondays and Wednesdays in SAC 2148 and at the above email.

GENERAL ADVISING INFORMATION:

There are four types of courses you need to take to graduate:

1. General Education (G.E.) courses
2. Statutory requirements (HIS 101 and POL 101)
3. Graduation Writing Assessment Requirement
4. Major courses

Students must earn 120 units to graduate, including but not limited to all of the courses in the categories above. These 120 units must include:

- At least 30 units at CSUDH
- At least 40 upper-division units
- At least 24 upper-division units at CSUDH

General Education (G.E.) notes:

- View your G.E. requirements in your Academic Catalog on the university website <https://www.csudh.edu/university-catalog/> or on your Academic Requirements page (see drop-down menu on left side of your my.csudh Student Center).
- Nine (9) G.E. units must be earned at CSUDH. These are usually the three upper-division required G.E. courses.

(requirements for the major on next page)

Kinesiology major, Teaching option requirements:

NOTE:
 -- Grades of "C" or higher must be earned in all courses for the major. Classes in which grades of "C-" or below are earned must be retaken. Type "Repeat and Cancel" in the search bar of the university website for information on the "Repeat and Cancel" policy.
 -- The pre-reqs for courses listed on this sheet may differ from those listed online. It takes time to update the pre-reqs online, and this sheet is the most accurate list.

Lower-Division Required Courses for all KIN majors:

| Course | Title | Units | Notes |
|---------|------------------------------------|-------|--|
| BIO 250 | Human Anatomy & Physiology | 3 | Pre-req: BIO 102, BIO 120, or equivalent. BIO 250 & 251 must be taken together. |
| BIO 251 | Human Anatomy & Physiology Lab | 1 | KIN 290 can be used to clear BIO 250/251 |
| KIN 223 | Introduction to Physical Education | 3 | |

Upper-Division Required Courses for all KIN majors:

| Course | Title | Units | Notes |
|---------|---|-------|---|
| KIN 301 | Kinesiology | 3 | Pre-req: BIO 250/251 or KIN 290 |
| KIN 303 | Exercise Physiology | 4 | Pre-req: BIO 250/251 or KIN 290 |
| KIN 330 | Somatic Education | 3 | If taken Fall '23 or later, it can also clear the GVAR. Email department assistant Yanet Suarez ysuares@csudh.edu for a permission number to add this class. Include your ID number and class section number in the request. |
| KIN 360 | Prevention & Treatment of Athletic Injuries | 3 | Pre-req: BIO 250/251 or KIN 290 |

Lower-Division Requirements for the Teaching option:**- Take ALL of the following:**

All classes are 1 unit unless otherwise specified, and none have pre-reqs.)

| | | |
|---------------------------------------|------------------------------|--|
| KIN 111: Aerobics | KIN 132: Gymnastics | KIN 233: Practicum in Phys. Act. Instruction (3 units) |
| KIN 113: Social & Folk Dance Activity | KIN 141: Martial Arts | KIN 235: Lifetime Fitness (3 units) |
| KIN 114: Badminton | KIN 156: Swimming/All Levels | REC 260: Outdoor Education |
| KIN 130: Golf | KIN 162: Tennis | |

- Choose ONE of the following:

(Both are 1 unit and have no pre-reqs.)

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|--------------------------------|
| KIN 142: Physical Conditioning |
| KIN 170: Weight Training |

- Choose TWO of the following:

(All are 1 unit and have no pre-reqs.)

| | |
|-------------------------|---------------------|
| KIN 118: Basketball | KIN 152: Softball |
| KIN 150: Soccer/Outdoor | KIN 164: Volleyball |

Upper-Division Required Courses for the Teaching option:

| Course | Title | Units | Notes |
|--------------------|--|--------------|---|
| KIN 300 | Tests/Measurements in PE | 3 | |
| KIN 302 | Tech Methods in Phys Ed & Rec | 3 | No longer offered; take KIN 310: Nutrition for Peak Performance (3 units) instead. |
| KIN 304 | Intro to Adapt PE | 3 | |
| KIN 305 | Motor Learning | 3 | |
| KIN 320 | History & Philosophy of PE | 3 | |
| KIN 425 | PE in the Elementary School | 3 | Pre-req: KIN 233 |
| KIN 426 | Directed Teaching in Elementary PE | 2 | Pre-req: KIN 425 |
| KIN 448 | Tchg Effect Sec PE | 3 | KIN 425 should be taken before this course. |
| KIN 449 | Dir Tchg in Sec PE | 2 | Pre-req: KIN 448 |
| KIN 490 | Senior Seminar in Physical Education | 1 | To be taken in student's last semester. |