

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. Meet with her every semester to review your progress and plan your next semester's courses.
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. Contact April Thomas for information on the Repeat and Cancel policy or type "Repeat and Cancel" in the search bar of the university website.

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 Human Anatomy & Physiology I (4 units) can be taken 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 GWAR.
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.)

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	
KIN 426	Directed Teaching in Elementary PE	2	Pre-req: KIN 425
KIN 448	Tchg Effect Sec PE	3	
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.