



CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

1000 E. Victoria Street • Carson CA 90747 • (310) 243-3761 • www.csudh.edu

**KINESIOLOGY**  
**Major in Physical Education: Teaching Option (64 units)**  
**Single Field (No Minor)**

<b>Lower Division Requirements (22 Units)</b>		<b>Units</b>	<b>Notes</b>
*BIO 250	Human Anatomy & Physiology	3	Prerequisite: BIO 102 or BIO 120 or equivalent.
*BIO 251	Human Anatomy & Physiology Lab	1	Co-requisite: BIO 250
KIN 223	Introduction to PE	3	
KIN 235	Lifetime Fitness	3	
KIN 233	Practicum in PE Instruction	3	
KIN 111	Aerobics	1	
KIN 113	Social and Folk Dance	1	
KIN 114	Badminton	1	
KIN 130	Golf	1	
KIN 132	Gymnastics	1	
KIN 141	Martial Arts	1	
KIN 156	Swimming	1	
KIN 162	Tennis	1	
REC 260	Outdoor Education	1	
<b>Select one (1) from the following</b>			
KIN 142	Physical Conditioning	1	
KIN 170	Weight Training	1	
<b>Select two (2) from the following</b>			
KIN 118	Basketball	1	
KIN 150	Soccer	1	
KIN 152	Softball	1	
KIN 164	Volleyball	1	
<b>Upper Division Requirements (39 Units)</b>		<b>Units</b>	
KIN 300	Tests & Measurements in PE	3	
KIN 301	Kinesiology	3	Pre-requisite BIO 250 and BIO 251
KIN 302	Technology Methods in PE & Rec.	3	Course Sub. KIN 310 Nutrition for Peak Performance
KIN 303	Exercise Physiology	4	Pre-requisite BIO 250 and BIO 251
KIN 304	Introduction to Adapted PE	3	
KIN 305	Motor Learning	3	
KIN 320	Seminar in Hist. & Philos. of PE	3	
KIN 330	Somatic Education	3	
KIN 360	Prevention & Treat. of Athletic Injuries	3	Pre-requisite BIO 250 and BIO 251
KIN 425	PE in the Elementary School	3	Department consent required
KIN 426	Directed Teaching in Elementary PE	2	Pre-requisite KIN 425 Department consent required
KIN 448	Teaching Effect. in Secondary PE	3	Department consent required
KIN 449	Directed Teaching in Secondary PE	2	Pre-requisite KIN 448 Department consent required
KIN 490	Senior Seminar in PE	1	To be taken last semester.
	<i>First Aid and CPR Certification</i> American Red Cross or American Heart Association		Due last semester. Valid by graduation review.
All major courses must be meet with a grade of C or higher.			

BIO 250/251 recommended taking KIN 290 (pre-requisite BIO 102) or 1 semester of Human Anatomy, 4 units at the junior college. See advisor for approval.

General Education		Units	
	Lower Division General Courses	55-62	See GE Advisor
Upper Division Integrative Studies (9 units)		Units	
	Upper Division Humanities	3	See GE Advisor
	Upper Division Science, Math & Technology	3	See GE Advisor
	Upper Division Social Behavioral Sciences	3	See GE Advisor
Other Requirements			
	Statutory Requirements		See GE Advisor
	GWAR: Graduate Writing Examination (GWE) or ENG 350 or IDS 397 and IDS 398		See GE Advisor
	Units Required 120		See GE Advisor

Semester/Year:	
Course	Units
<b>Total Units</b>	

Semester/Year:	
Course	Units
<b>Total Units</b>	

Semester/Year:	
Course	Units
<b>Total Units</b>	

Semester/Year:	
Course	Units
<b>Total Units</b>	

Semester/Year:	
Course	Units
<b>Total Units</b>	

Semester/Year:	
Course	Units
<b>Total Units</b>	