

Subject Matter Preparation Program in Physical Education

Core Requirements (52 units)			
Required Foundation Courses		Required Disciplinary Core Courses	
KNES 260 Movement Anatomy	3	KNES 300 Principles of Movement	3
KNES 202 or 302 Persp. In Kinesiology	3	KNES 348 Physiology of Exercise	3
KNES 349 Meas. & Eval. in Kines. & Health	3	KNES 371 Human Motor Learning & Control	3
		KNES 380 History & Phil. of P.E. & Sport	3
		KNES 381 Human Movement in Cult. Persp.	3
		KNES 383 Psyc. of Sport & Phys. Activity	3
		[ENGL 301 Upp. Div. Writing Course]	
Required Elective Courses			
HESC 102 Prevention & First Aid	2	KNES 385* Inst. Analysis of Human Move.	3
KNES 325 Techniques of Coaching	3	KNES 386** Movement & the Child	3
KNES 363 Developmental Adaptations	3	KNES 387** Movement & the Adolescent	3
KNES 364 Motor Development	3	KNES 400 Prog. Design for Kines. & Health	3
*KNES 385 prerequisite: Completion of 6 unit performance requirement. (See below)		**Must concurrently enroll in <i>KNES 494 Practicum</i> (1) for both 386 and 387	
Performance Requirements (10 units)			
At least one course from each of the following areas.			
Fitness		Aquatics	
KNES 100 Physical Conditioning	1	KNES 110 Swimming	1
KNES 102 Jogging	1	KNES 214A Basic SCUBA	1
KNES 103 Fitness Walking	1	KNES 214B Intermediate SCUBA	2/3
KNES 144 Aerobic Exercise & Weight Control	1		
KNES 146 Body Building	1		
Combative		Individual Sports	
KNES 151 Aikido	1	KNES 117 Bowling	1
KNES 152 Karate	1	KNES 119 Golf	1
KNES 154 Self-Defense	1	KNES 246A Basic Hatha Yoga	2
KNES 155 Fencing	1		
Team Sports		Court/Racquet Sports	
KNES 161 Softball	1	KNES 130 Badminton	1
KNES 164 Volleyball	1	KNES 131 Tennis	1
KNES 165 Soccer	1	KNES 132 Racquetball	1
KNES 167 Basketball	1		
Additional Activity			
DANC 101 Introduction to Dance <i>or</i> DANC 471 Creative Dance for Children			3

Grade of "C" or better required in all course accepted for the Subject Matter Preparation Program